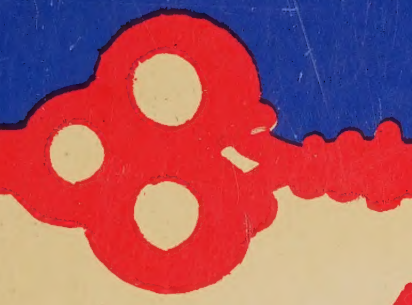
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A COOK BOOK

OF

TREASURED RECIPES

FROM

American and Foreign Kitchens

AND

Many Original Recipes

TESTED AND APPROVED

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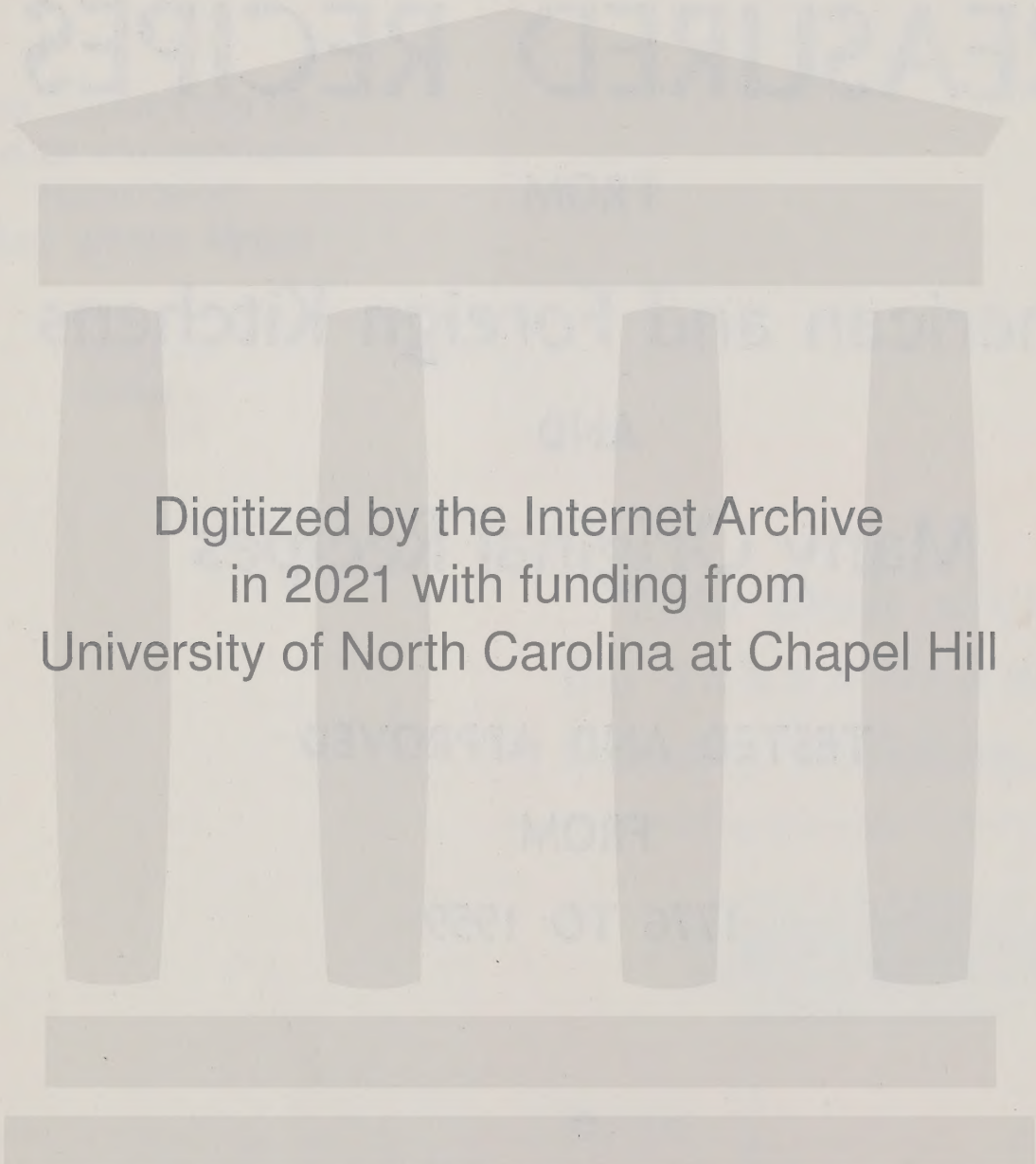
1776 TO 1959



Compiled by

(MRS.) MARY AVERA WYNNE

1959



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THE STORY OF THE BOOK

When this book comes from the publishers, I will have passed my 87th birthday. I was born May 6, 1872.

January 6, 1955, I was in my 82nd year when the tragic misfortune of falling and breaking my left hip happened to me. The bone has never healed, so I became a hopeless cripple and wheel chair patient for the remainder of my life, I fear. What a dire calamity to happen to an 82-year-old person who had always been very active and independent. What did the future hold in store for me!

Several weeks after I left the hospital, I came to a Rest Home to live and soon began to realize that my life savings were rapidly diminishing and that I must make an effort to increase my income. I got the job of dietician for the Home, but this was not sufficient—I was terribly discouraged.

Soon afterwards I read in the paper that a great dietician had suffered the same misfortune that I had. She needed funds, too, so decided to compile her wonderful recipes into a cook book. The result—the book was a great success and brought comfort and security to her through her declining years.

Could I be as lucky as she had been? At least I could make every possible effort to do so and began plans to put my many recipes to work. I wrote to friends in almost every state asking for their help by sending me their most treasured recipes. The requests were answered overwhelmingly. Not only did they send theirs, but they wrote their friends to help me, too. They came from far and near—even from many foreign countries.

Food had been my hobby for over sixty years. I had simply hoarded recipes. I also had my mother's and grandmother's; even some from "Godey's Ladies' Book," one of the oldest women's magazines in America. With pen and ink I copied almost every one of the recipes in this book—some so old they could hardly be handled. Then I turned them over to my capable typist to finish the prospectus for the publishers.

My deepest appreciation to all who so generously shared their most treasured recipes with me and trusting that this book may be treasured by all who try it.

Gratefully yours,

THE AUTHOR.

39722-56

The editor and publisher of this book, and all homemakers who enjoy better living from using it, are deeply indebted to the following organizations for aiding in its preparation with technical information and advice.

Ladies Home Journal
Good Housekeeping
McCalls
Hollands
Proctor and Gamble
American Canning Association
National Live Stock and Meat Board
Fisheries Council
General Foods Corporation
Pillsbury Flour Mills
Fleishman Yeast Company
National Bakeries Association
United Fruit Growers Association

Information Please!
Any one interested in
ordering "The Key to Matchless
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Miss Mary A. Wynne
238 N. Main St
Wake Forest. N. Carolina

DEFINITIONS OF TERMS USED IN COOKERY

A LA CARTE: A French expression meaning "according to the bill of fare." An a la carte menu lists the price of each item, and the meal is chosen dish by dish.

A LA CREOLE: Cooked with tomatoes, onions and peppers.

A LA KING: Meat or fowl served in a sauce to which mushrooms and pimientos or green peppers have been added.

A LA MODE: According to the prevailing fashion. Pie a la mode—served with a mound of ice cream—is a favorite American dessert. Beef prepared in this manner usually is braised and simmered.

A LA PRINTANIERE: A soup or stew served with young spring vegetables.

A LA REINE: Literally cooked "according to the queen's taste." Soup made this way contains the white meat of chicken pounded and rubbed into a pulp.

AU GRATIN: Any dish prepared with grated bread crumbs or cheese—usually the latter.

AU JUS: Meat served in its juices or cooked in stock.

BAIN-MARIE: A vessel containing hot water in which other vessels containing foods are placed to keep hot without further cooking. Literally a double boiler on a large scale.

BRAISED: From French braise, meaning live coal. A brazier is a pan for holding burning coals.

BECHAMEL: A rich white sauce made with stock, milk or cream.

BISQUE: A thick white sauce or soup generally made from shellfish.

BLANCH: To whiten by scalding.

BOUILLON: A meat broth.

BOMBE: Moulded ices having the outside one variety and the centre another.

BOUQET OF HERBS: A bunch of various flavoring herbs, used for soups or stews.

CANAPE: A finger strip of bread or toast spread with a savory compound, usually either fish or egg, daintily garnished and served as an appetizer before lunch or dinner.

COMPOTE: From Latin compositus, hence a composed mixture—usually of stewed fruit.

CONSOMME: The French for consumed, i.e., a strong broth slowly boiled for a long time, so the nourishment of the meat is consumed, or consomme.

CROUSTADES: Small pieces of bread, fried or toasted. Used as a garnish for minced or hashed meat.

CROUTONS: The related French word for crusts.

DE LA MAISON: A specialty of the restaurant. A dish made from the chef's own recipe.

DEMITASSE: French for half (demi) and cup (tasse). It's a small cupful of black coffee served at the end of the meal.

DU JOUR: Literally, of the day. So a special dish for a particular day.

EN BROCHETTE: Small portions of meat, such as chicken livers, cooked with bacon on a skewer.

ENTREE: A savory made dish served as a course itself, or between heavier ocurses ,at dinner.

ENTREMETS: French mets is derived from Latin missus, a course at a meal. So entre (between) mets are side dishes of relish or sweetmeats served with or after the principal dish.

FARCI: Stuffed.

FONDUE: Cheese and eggs cooked together.

FRAPPE: Half frozen.

FROMAGE: French for cheese.

GLACE: Comes from Latin glacies, ice, and refers to any frozen dessert, usually ice cream or sherbet. Glace fruit is glazed or candied, and cake served this way is coated with icing.

HORS-D OEUVRES: Small dishes served during the first course of a dinner.

JARDINIERE: Mixed vegetables.

LARD: To insert strips of fat pork or bacon in meats deficient in fat, with a larding needle.

LEGUME: French for vegetables. Latin legumen is anything that may be gathered. It refers to the fruit or seed of any edible plant.

MACEDOINE: A mixture of vegetables or fruit.

MARINATE: To make savory in a mixture of seasonings: oil and vinegar, or oil and lemon juice.

MERINGUE: White of egg and sugar beaten together.

MOUSSE: May be savory or sweet. A light, frothy mixture thickened with gelatin, whipped with a whisk till spongy in texture and then packed in ice and salt for three or four hours.

MULLIGATAWNY: A rich soup flavored with curry.

PATE: A small pastry shell, usually made from puff paste. May contain either a sweet or savory filling.

PETITE MARMITE: French for "little pot." This soup, made of brown stock and cooked with a few large pieces of vegetable or meat, usually is served in a small earthenware pot, or marmite.

PETITS FOURS: Almost always served at the end of a banquet with a demitasse; literally meaning "little ovens," thus little baked things, or cakes. The word four is related to our word furnace.

POISSON: French for fish, which follows the soup.

POTAGE: French. In contrast with consomme, it is a thick soup, sometimes topped with pieces of bread.

PUREE: Meats, vegetables, fish, etc. cooked in liquid until tender, then passed through a sieve.

RAGOUT: Literally, a dish seasoned to arouse one's appetite or appeal to one's taste.

ROUX: A cooked mixture of butter and flour for thickening soups, sauces and gravies.

SALMI: A rich stew of game, half roasted and then cut up and cooked in a sauce.

SAUTE: To cook till brown in a shallow pan with a little fat.

SOUFFLE: Puffed up and made light by use of well-beaten eggs. May be savory or sweet.

TABLE D HOTE: English translation is "table of the landlord." A restaurant meal of several courses for which you pay a fixed price no matter what you order. Compare with a la carte.

VOLAILLE: French; related to Latin vole, to fly, and reasonably enough, means poultry or fowl.

VOL-AU-VENT: A very light case of puff paste in which savories or sweets may be served.

KITCHENS AND EQUIPMENTS THEN AND NOW

If the hands of time could be turned back two hundred or more years, most kitchens would be found with the following equipment:

First the kitchens were large, 20 feet long, 16 feet wide and were built forty or fifty feet from the "Big House".

A brick walk thirty inches wide connected the house and kitchen and prevented dirt and mud from being tracked inside. Every kitchen had a large chimney fireplace where the cooking was done—its dimensions were 5 feet wide, 4½ feet high and 3 feet deep.

A heavy rod was built crosswise in it and several rods with hooks on them were suspended from it to hang the pots of different sizes on for cooking boiled foods, heating water for washing dishes, light laundry and other needs. A large bed of embers from oak wood was kept under these pots when cooking, ironing, roasting corn and corn pone.

All utensils were made of heavy cast iron. Three or four skillets of different sizes, about 5 inches deep, with legs approximately 5 inches long, also with heavy lids, with embers burning under and on top, made the ovens for baking bread, cakes, pies and other foods. A heavy frying pan also waffle iron with long handles were other utensils used to prevent the intense heat from burning the cooks. Earthenware bowls, discovered by the Indians, were used for mixing purposes.

Long and short handled wooden spoons were the mixing utensils. One long handled fork, one or two butcher knives and one small paring knife were about all the equipment used except a mortar and pestle used for cracking corn for hominy and breaking up coffee.

It was many years before coffee mills were invented. Such a product as roasted coffee sold in stores had never been heard of in those days. Coffee was first shipped to this country in the green bean stage, roasted in the kitchens in two or three cup quantities, but in a tight container and beaten up for each meal. Later when coffee mills could be had, it was ground for each meal.

Statistics say the first cook stove was invented in 1800—however, only a few were available until a long period of time thereafter. Almost all Colonial homes were built with basements, so when cook stoves could be bought, brick floors were laid in these basements and the new stoves installed, which was the beginning of indoor cooking.

Following this period science has discovered many fabulous devices—generally called "Push Button" appliances. Every possible convenience

seems to have been included in these wonderful discoveries—wood, coal, gas, oil and electric stoves, wall ovens, dishwashers, garbage disposals, hot water heaters, washing machines, refrigerators, deep-freezers and many other smaller useful contrivances.

Equipment for these modern kitchens should include the following articles which could be very useful to brides and other interested housekeepers.

1 large covered pan—6 to 10 quart size.

1 double boiler with 2 to 3 quart bottom.

2 saucepans—1 and 2 quart sizes.

2 frying pans—10 inch size with cover and 7 inch size.

1 large roasting pan, uncovered, with rack—12 to 15 inches long, 10 to 12 inches wide, and 2 to 3 inches deep.

1 to 2 casseroles—one the 2 quart size.

2 cake pans 8 or 9 inch round layer pans.

1 or 2 pie pans 8 or 9 inch size.

1 teakettle 2 or 3 quart size.

1 or 2 cookie sheets—large size.

2 sets of measuring cups—¼cup to 1 cup sizes for dry measure; 1 and 2 cup sizes for liquid measure.

1 set of mixing bowls—2 cups to 4 quarts graduated sizes.

6 knives: large chef or butcher knife, carving knife, slicer, utility knife, and 2 paring knives.

2 flour sifters—1 cup and 5 cup capacities.

2 strainers—1 tea size; 1 large enough to double as a colander.

1 rolling pin with stockinet cover.

1 egg beater.

1 food chopper.

1 grater or set of graters.

1 small reamer for lemon juice (if you have an electric mixer with a reamer attachment, or if you use frozen fruit juices, you won't need the larger size used for oranges, etc.)

1 set of measuring spoons.

2 spatulas—one long and narrow; one short and wide (also called a pancake turner).

1 ladle.

1 cooking fork.

1 large spoon, solid or perforated.

1 potato masher.

1 can opener—ideally a wall type with a bracket that also holds other tools.

1 meat thermometer.

1 pressure cooker 6 to 8 quart size.

Assorted small tools—rubber spatulas, pastry or blending fork, wooden spoon, all-purpose brush, glass or plastic refrigerator dishes.

In addition to cooking equipment, you'll need a certain amount of kitchen linen. We think a minimum supply should consist of:

6 linen towels for drying glasses.

6 heavier cotton towels for drying china, silver, etc.

6 dishcloths.

3 potholders.

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APPETIZERS AND CANAPES

ADMIRAL'S GOLDEN BUCK

1 lb. grated American sharp cheese
1 egg
1 tablespoon butter
½ teaspoon salt
1 tablespoon Worcester sauce
½ coffee spoon (scant) cayenne pepper
2 dozen rounds of thinly sliced bread

Mix cheese, butter and raw egg together. Add seasonings, cover and put in refrigerator. When ready to serve, toast the rounds of bread to straw color. Spread the mixture on the rounds and run under the flame of the gas stove for three minutes until cheese melts. The mixture will keep for days. It may be spread on the toasted bread rounds sometime before serving if desired, and the whole heated just before serving.

ANCHOVY

1 can (2 oz.) anchovy fillets
Thin-sliced bread
Pimento

Parsley-Butter: Cream ¼ cup soft butter or margarine with 2 tablespoons minced parsley and 1 teaspoon lemon juice. Stack 4 or 5 slices of bread; trim crusts; cut in 1 x 2½ inch lengths. Toast on one side; spread the untoasted side with Parsley-Butter; arrange anchovy fillet on top. Decorate with pimento. (16 canapes.)

Anchovy-Cheese: Blend 1 package (3 oz.) cream cheese with ½ tablespoon anchovy paste (more if desired). Spread on toast rounds. Garnish with curled anchovy. Substitute sardine, lobster, shrimp or crabmeat paste. (24 canapes.)

ANCHOVY CANAPES

Make rounds of toast, spread with sweet butter, season with salt, pepper and mustard to taste. Arrange anchovy fillets on these in form of a rosette or across. Garnish it with finely chopped parsley. Press the yolk of a hard-boiled egg, and some of the white as well, through a sieve and arrange it in a ring around the edges of the rounds.

AVOCADO DIP

1 cup of avocado pulp
1 teaspoon Worcestershire sauce
3 teaspoons lemon juice
1 (8 oz.) package cream cheese
1 teaspoon finely chopped onion

Blend well and serve with crackers, potato chips, or small triangle sandwiches.

CANAPES

Trim crusts; cut in varied shapes. Toast lightly on both sides or on one side only—as preferred. Spread untoasted side with soft butter, margarine, mayonnaise or savory butter; then with prepared mixture.

Give them a festive appearance with contrasting colorful garnishes. Use chopped and sliced olives, grated raw carrot, chopped pickle, pimento, green pepper, mint parsley, finely chopped hard-cooked egg whites, sieved egg yolk, etc. Put through the pastry bag for flutings and crescents.

CANAPES EGYPTIANS

Chip beef cut in small pieces
3 teaspoons catsup
3 teaspoons mayonnaise

Mix the above together with a dash of cayenne pepper added. Serve on round pieces of toast or crackers.

CHEESE-OLIVE CANAPES

1 cup cottage cheese
¼ cup olive spread or chopped olives
½ tsp. grated onion
pimento
bread

Sieve cottage cheese and mix with chopped olives. Toast rounds of bread on both sides. Spread with soft butter or margarine. Place on round of cheese on toast. Garnish with pimento. Makes 30 canapes.

CHICKEN LIVER

Mix 1 cup finely ground cooked chicken livers with ½ teaspoon grated onion, ¼ cup mayonnaise, salt, pepper and cream to moisten. Spread on bread or toast strips. Garnish with parsley. Makes 30 canapes.

CHICKEN OR TURKEY

½ cup chopped cooked chicken or turkey
2 hard cooked eggs
2 teaspoons lemon juice
1 tablespoon cream
3 tablespoons mayonnaise
salt and pepper
few grains cayenne
pimento stuffed olive

Mix chicken, finely-chopped egg white, lemon juice, cream, mayonnaise, and seasonings. Spread toasted rounds of bread with soft butter or margarine and chicken mixture. Dip canapes lightly in sieved egg yolk. Garnish with sliced pimento olives. (Makes 30 canapes.)

CRAB CANAPES

1 cup flaked (3 oz.) crabmeat
2 hard cooked eggs
1 teaspoon lemon juice
2 tablespoons mayonnaise
½ teaspoon Worcestershire sauce
Dash of tabasco sauce
Salt and pepper
Ripe olives or capers
Cream cheese
Bread

Mix crabmeat with chopped egg and seasonings. Cut bread with diamond cutter; toast and spread with soft butter and crab mixture. Decorate with cream cheese (blend ⅓ cup cream cheese with 2 tbsp. mayonnaise and ¼ tsp. Worcestershire sauce); put through pastry bag. Garnish. (Makes 24 canapes.)

CRAB MEAT PASTE

1 lb. crab meat
1 tsp. horseradish
1 tsp. grated onion

Remove all pieces of shell from crab meat; cooked or canned. Add enough mayonnaise to make a workable paste. Blend in horseradish and onion. Serve on buttered toast cut in 1¼ inch strips.

CREAM CHEESE DIP

2 packages cream cheese (8 oz.)
1 tablespoon mayonnaise
1 teaspoon tabasco sauce
¼ teaspoon onion salt
¼ teaspoon garlic salt

Cream all together. Use on potato chips or crackers.

DEVILED HAM HORSERADISH

Blend 1 can (3 oz.) deviled ham with 1 tsp. prepared mustard. Spread on buttered toast cuts. Mix 1 package cream cheese (3 oz.) with 1 tbsp. grated horseradish, and 2 tbsp. mayonnaise. Put through pastry bag and decorate with crescents. Makes 24 canapes.

DEVILED LOBSTER

1 cup flaked lobster
½ tsp. grated onion
1 tbsp. Worcestershire sauce
½ tsp. prepared mustard
Salt and pepper
Pimento
Watercress
Thin-sliced bread

Mix flaked lobster with next 5 ingredients. Cut break with fancy cutters (star, crescent, heart, etc.) Toast one side; spread untoasted side with soft butter; then with lobster mixture. Garnish with small cuts of pimento or watercress. If desired, brush edge with mayonnaise and dip in mixture of finely chopped hard-cooked egg white and minced parsley. Makes 20 canapes.

DEVILED SARDINE CANAPE

First skin and bone a can of sardines; or better still use the boned variety. Place them in a well buttered pan; add ½ tsp. Worcestershire sauce; ½ tsp. mustard. Bake for 10 minutes and serve hot on toast rounds.

DEVILED TONGUE

1 cup ground cooked beef tongue
1 tbsp. grated horseradish
1 tbsp. pickle relish
1 tsp. worcestershire sauce
2 tbsp. salad dressing
Bread
Pimento-Olives

Combine tongue, horseradish, pickle relish and worcestershire sauce; add salad dressing for spreading consistency. Trim crutsts of bread; cut in strips and toast lightly on one side. Spread untoasted side with soft butter or margarine and tongue mixture. Garnish with lengthwise strips of stuffed olives. Makes 24 canapes.

HAM CHEESE SPREAD

2½ oz. deviled ham
2 tsp. chopped pimento
½ cup mayonnaise
1 8 oz. package cream cheese
¼ tsp. A-1 sauce
Salt and pepper to taste

Mix above ingredients together and serve with cheese biscuits or ritz crackers.

HOT MUSHROOM

1 cup chopped mushrooms
2 tbsp. butter
½ cup ground cooked ham
1 tbsp. pepper relish
1 tbsp. salad dressing
Thin-sliced bread
Stuffed olives
Pimento

Pimento-Butter: Cream 4 tbsp. soft butter or margarine with 2 tbsp. sieved pimento.

Saute mushrooms in butter 5 minutes; add ham and cook 3 minutes; stir in pepper relish and salad dressing. Spread on toast rounds of bread. Bake in hot oven (450°F) for 3 to 5 minutes. Garnish with sliced olives and pimento strips. Makes 30 canapes.

MINCED CHICKEN

1½ cup minced cooked chicken
1 hard-cooked egg
½ tsp. grated onion
⅓ cup mayonnaise
Salt and pepper
Bread

Combine minced chicken, sieved hard-cooked egg, seasonings and mayonnaise. Spread bread with soft butter or margarine; add filling and cover with buttered bread. Trim crust; cut in small squares, triangles, strips, etc. or cut bread with fancy cutters. Makes about 75 sandwiches.

PATE DE FOIE GRAS BISCUITS WITH BACON

Small biscuits
Bacon
Pate de foie gras
Cream

Make the biscuits very small and light, preferably the size of a quarter or half-dollar. Have the bacon very crisp and chip it finely. Mix the pate de foie gras with a little cream to moisten it. Open the biscuits and spread one side with bacon bits, the other with the pate. Press the halves together and it can share the honors of any cocktail.

PATE PAYSAN

Calf's liver
Hard boiled eggs
Mayonnaise
Salt, pepper, cayenne

Cook the liver and chip it very fine; chop the hard-boiled eggs. Mix both with the mayonnaise, season highly. Spread the mixture on thin crispy toasted rounds of bread, garnishing with powdered egg yolk.

PIERRE'S APPETIZER

1 Philadelphia cream cheese
1 small can anchovies (mashed)
1½ tsp. capers (mashed)
½ tsp. grated onion
½ tsp. worcestershire sauce
Cayenne to taste
2 or more tbsp. cream or milk

Cream the cheese with cream. Add other ingredients. Serve on round salted crackers.

PITTED OLIVES WRAPPED IN BACON

Wrap olives in bacon and broil. Oysters and shrimp can be served the same way. Spear with toothpicks when ready to serve.

ROQUEFORT CHEESE

¼ lb. Roquefort cheese
2 teaspoons mayonnaise
½ cup pecans chopped fine
Rounds of rye bread cut very small

Mash and cream the cheese with mayonnaise. Toast bread on one side, butter untoasted side. Cover with cheese, sprinkle nuts on top. Brown and serve at once.

SHRIMP CHEESE SPREAD

1 lb. shrimp
1 glass container of cheese
½ cup mayonnaise
2 tablespoons lemon juice
1 tablespoon worcestershire sauce

Clean, wash and boil shrimp. Remove black veins and tails. Cut up in small bits. Add ½ cup mayonnaise to cheese, make a smooth paste; add shrimp, lemon juice and worcestershire sauce. Serve on crackers or toast cut in small pieces. Makes about 20 servings.

BEVERAGES

APRICOT FIZZ

1 oz. apricot brandy
Juice of ½ lemon
1 lump of ice
Juice of ½ lime
1 tablespoon syrup

Fill glass with White Rock. This makes one serving. Make as many as needed.

BUDGET CHAMPAGNE PUNCH

10 large lemons
6 large oranges
2 lbs. sugar
1 qt. club soda
1 qt. rum

Squeeze lemons and oranges and add sugar and soda with the rum. Pour over blocks of ice in punch bowl. Garnish with bunches of grapes. Will serve 20.

CHERRY BOUNCE

1 gal. wild cherry alcohol or brandy **Simple syrup**

Half fill jug with cherries, then fill with alcohol. Cork it and leave for six months. Drain off leaving the cherries in the jug. Sweeten the Cherry bounce with syrup (2 cups of sugar with 1 cup of water).

A milder cherry bounce may be made by adding some brandy to the cherries and after three months add syrup.

EGG NOG

1 doz. eggs
1 cup of sugar
1 pint of whipping cream
2 qts. vanilla ice cream
1 qt. apple brandy

Beat eggs separately. Add brandy to beaten egg yolks, add sugar, beat well. Blend in stiffly beaten egg whites, and finally add stiffly beaten cream. Stir in ice cream and chill. More sugar may be added if desired. Serves 25.

FRUIT PUNCH

2 46 oz. cans pineapple juice
2 46 oz. cans orange juice
1 doz. lemons
3 cups sugar
3 large bottles ginger ale
2 qts. rum

Squeeze juice from lemons, boil rinds 5 minutes in 2 qts. water, strain and melt sugar in water. Add all contents together and chill. Serves 25. For smaller numbers, use half the recipe.

GINGER ALE PUNCH

2 cups lime juice
4 cups lemon juice
2 large bottles ginger ale

In large punch bowl, put ½ gal. hard frozen pineapple sherbet. Pour over it the lime juice, lemon juice and ginger ale.

HONDURAS COCKTAIL

8 oz. gin
5 oz. vermouth
5 drops bitters
juice of 1 lemon
1 dessert spoon of sugar
1 oz. absinthe
1 oz. creme de cacao
½ oz. benedictine

Shake!!!

HOT CRANBERRY PUNCH

1 lb. cranberry jelly
2 cups apple juice
2 cups pineapple juice
2 cups water
1 stick cinnamon
4 whole cloves
¼ tsp. ground cloves
Juice of 2 oranges or
1 cup of orange juice

Crush cranberry jelly with fork. Put in sauce pan and gradually beat in water with egg beaters. Add apple and pineapple juice with spices, simmer 5 minutes. Add orange juice and serve hot. Place a spot of butter in each cup. Makes 12 punch cups.

MINT JULEPS

2 tsp. simple syrup
5 tbps. whiskey
Sprigs of mint
Powdered ice

Have the mint fresh and dry. Let it soak in the whiskey an hour. Crush the ice to powder wit ha wooden mallet. Fill each glas sto the top with ice, add the simple syrup, stir. Then add the whiskey. Stir again, (never shake). Lastly, put a sprig of mint in the glass. Each glass should be made separately.

OLD APPLE JACK COCKTAIL

2 qts. apple juice
2 cups sherry
1 cup apple brandy

Mix thoroughly, chill. Do not put ice in the mixture. Makes 20 servings.

RUSSIAN TEA

2 qts. tea
¼ stick cinnamon
½ cup orange juice
½ cup lemon juice
4 whole cloves
4 cups sugar

Pour boiling water which has had spices boiled in it, over tea bags (4 bags) and let stand 10 minutes. Add sugar and juices. Keep at low temperature. Serve hot or cold, as desired.

SWEDISH CHRISTMAS TEA

To 1 qt. of tea, add 1 qt. of grape juice and juice of one lemon. In small cheese cloth bag, put rind of lemon, ½ dry clove, ½ stick of cinnamon, ½ tsp. grated nutmeg. Boil in 1 qt. of water 10 minutes. Add ½ cup of sugar and 1 cup of rum. Serves 10 or 12.

TOMATO JUICE COCKTAIL

1 No. 3 can tomato juice
juice of 1 lemon
⅛ tsp. garlic salt
1 tbs. worcestershire sauce
¼ tsp. onion salt

Stir well. Top glasses with sprig of parsley.

WASHINGTON CLUB CHAMPAGNE

3 large bottles ginger ale
3 qts. White grape wine
1 qt. rum
1 cup sugar

Will serve about 20.

WASSAIL

Squeeze and reserve the rinds of 2 lemons and 2 oranges. Simmer the rinds in 2 gallons of water for ten minutes with two sticks of cinnamon and six whole cloves. Strain, add one gal. cider, the juice of the lemons and oranges. Serve hot. Will serve about 25.

***The Yule Log and hot Wassail bowl are Christmas traditions brought over by the Pilgrims. It is said that no Christmas would be complete in old Williamsburg, Virginia without this!

BREADS

ALMOND-RAISIN CROWN COFFEE CAKE

1 cup milk, scalded
¾ cup granulated sugar
2 pkg. active dry, or 2 cakes yeast
½ cup warm (not hot) water
4½ cups sifted all-purpose flour
Blanched almonds
1 tsp. salt
½ tsp. nutmeg
2 cups light or dark raisins
⅔ cup snipped citron
⅔ cup snipped candied cherries
¾ cup soft butter
3 eggs, well beaten
Grated rind of 1 lemon

In large bowl, combine milk, ¼ cup sugar; cool until lukewarm. Then in cup, sprinkle or crumble yeast onto warm water (use lukewarm water for cake yeast); stir until yeast is dissolved. With egg beater, beat yeast mixture and 1 cup flour into milk mixture until smooth. Cover; let rise in warm place (about 85° F) till light—about 20 min. Meanwhile, grease well a 10" tube pan; arrange ring of almonds on bottom. Sift 3 cups flour with salt and nutmeg. Toss raisins with citron, cherries ½ cup flour. Set all aside. Cream butter until light and fluffy. When yeast mixture is light, with wooden spoon beat in butter, ½ cup sugar, eggs, and lemon rind. Then stir in flour mixture with spoon, beat hard for 10 min. Stir in raisins mixture until well mixed. Turn into tube pan. Cover; let rise in warm place until mixture is ½" from top of pan. Meanwhile, start heating oven to 375° F. Then bake crown 55 min. Remove carefully from pan. When cool, brush on honey glaze.

BANANA BREAD (1 loaf)

½ cup butter
1 cup sugar
2 eggs well beaten
2 cups flour
1 tsp. salt
1 tsp. baking powder
½ tsp. soda
2 tbs. sour milk
1½ cups banana pulp
½ cup nut meats, chopped

Cream butter and sugar, add eggs. Add sifted dry ingredients alternately with combined milk and bananas. Add nut meats. Bake in buttered loaf pan, 350°F. oven 45 to 55 minutes.

BANANA LOAF

1 stick margarine
1 cup sugar
2 eggs
2 tbsp. water
1½ cups bananas (real ripe)
2 cups flour
½ tsp. salt
2 tsp. baking powder
½ tsp. soda
1 tsp. vanilla
1 cup nuts

Mix in order given. Bake in pyrex loaf pan at 312° F. for 1 hour.

BANANA MUFFINS

1¾ cups sifted cake flour
2 tsp. baking powder
¼ tsp. soda
¾ tsp. salt
⅓ cup sugar
1 egg, well beaten
⅓ cup melted shortening, or salad oil
1 cup mashed ripe bananas (2 to 3 bananas)

Sift together flour, baking powder, soda, salt and sugar into shortening and bananas. Add to dry ingredients, mixing only enough to dampen all flour. Turn into well greased muffin pans and bake in a 400 degree oven about 20 min., or until muffins are done. Serve hot or cold. Makes 16 small muffins.

BLUEBERRY BRAN MUFFINS

¾ cup whole milk
¾ cup 100% bran cereal
1 cup flour
½ cup sugar
4 tsp. baking powder
¼ tsp. salt
1 egg, well beaten
4 tbsp. shortening, melted
¾ cup canned blueberries (well drained)

Mix milk and bran and let them meditate for 10 minutes. Sift dry ingredients into bowl and blend. Add milk mix to flour mix and beat a minute. Add egg and melted shortening. Beat again. Add berries and mix well. Fill greased muffin tins two-thirds full. Bake at 400° F. about 25 minutes, or until done. This makes a chewy muffin.

BOSTON BROWN BREAD

2 tsp. soda
2½ cups buttermilk or sour milk
1 cup molasses
½ cup brown sugar
1 tsp. salt
3 cups whole-wheat flour
1 cup bran
1 cup chopped nut meats
1 cup seedless raisins

Dissolve soda in combined buttermilk and molasses. Add brown sugar, salt, flour, and bran, beating vigorously 1 min. Stir in nut meats and raisins. Fill greased baking-powder cans ¾ full. Don't cover. Place in kettles and steam over low heat 2 hours. Serve warm or cold.

CRANBERRY NUT BREAD

A loaf of homemade cranberry nut bread wrapped in clear plastic with a sprig of holly in a red bow makes a pretty gift. With the exception of the time involved, it is an inexpensive gift and one which money can't buy at the bakery.

Loaves of bread may be made up ahead of time and stored in the freezer. This recipe turns out a good loaf.

2 cups sifted all-purpose flour
1 cup sugar
1½ teaspoons baking powder
½ teaspoon soda
1 teaspoon salt
1 cup coarsely chopped fresh cranberries
¼ cup shortening
¾ cup orange juice
1 tablespoon grated orange rind
1 egg, well beaten
½ cup chopped nuts

Sift together flour, sugar, baking powder, soda and salt. Cut in shortening until the mixture resembles coarse cornmeal. Combine orange juice and grated rind with well beaten egg. Pour all at once into dry ingredients, mixing just enough to dampen. Carefully fold in chopped nuts and cranberries.

Spoon into greased loaf pan (9 x 5 x 3 inches). Spread corners and sides slightly higher than center. Bake in a 350 degree oven about 1 hour or until crust is golden brown and toothpick inserted comes out clean. Cool. Store overnight for easy slicing.

BOTERLOEK (Dutch Shortbread)

Cream together 1 cup powdered sugar and ½ pound butter until light. Stir in two teaspoons grated lemon rind, 1 teaspoon lemon juice and ½ teaspoon vanilla. Sift and measure 2 cups cake flour. Beat into the sugar-butter mixture and add ½ teaspoon salt. Bake in a square pan (9x 12) in a moderate oven, 350° F. until golden brown on top. Cut into squares while hot. Cool and serve.

CHEESE BREAD (1 loaf)

1 cup milk (scalded)
¾ cup natural American cheese (grated)
1 tbsp. butter (melted)
2 tbsp. sugar
1 tsp. salt
1 cake compressed yeast
3 cups flour

Add cheese, butter, sugar and salt to hot milk. Stir until cheese is melted. Cool to lukewarm and add crumbled yeast. Let stand 3 min. Add flour to make soft dough. Knead. Let stand in warm place until double in bulk. Bake in 350° F. oven 50 to 60 minutes.

CORN MEAL MUFFINS

1 cup sifted corn meal
1 tsp. salt
1½ cups buttermilk
1 egg
½ tsp. soda
3 tbs. melted shortening

Beat egg, add milk, and then corn meal, baking powder, soda and salt and stir until smooth. Then add shortening. Pour into hot greased muffin pans. Bake 20 to 25 minutes in 450° F. oven, until brown.

CRULLERS

Cream ¼ cup butter and add 1 cup sifted sugar gradually. Add 2 well-beaten eggs. Mix and sift 1 cup flour with 3½ tsp. baking powder, ¼ tsp. grated nutmeg and a few grains salt. Add alternately with 1 cup milk to the first mixture. Add additional sifted flour to make a dough that can be handled. Turn out on lightly floured board, roll about ½ inch thick and cut in strips. Twist and fry in hot, deep fat. Drain on unglazed paper and when cold put in a paper bag fith a little powdered sugar and shake well.

DATE BRAN MUFFINS

1½ cups all bran
¾ cup milk
¼ cup molasses
⅓ cup sugar
1 egg
½ teaspoon salt
3 tablespoons shortening, melted
1 cup flour
1 teaspoon baking powder
⅛ teaspoon allspice (ground)
1/16 teaspoon cloves (ground)
¾ cup dates, cut in small bits

Put bran and milk in bowl, let stand 15 minutes. Add molasses, salt, sugar, beaten egg, and melted shortening. Add flour with baking powder and spices sifted in it. Add dates and mix. Fill greased muffin rings and bake at 375 degrees for 25 minutes, or until done.

DATE-NUT BREAD

1½ cups sugar
2¾ cups flour
2 tsp. soda (level)
½ tsp. salt
½ stick butter or margarine (melted)
2 eggs
1 tsp. vanilla
1½ cups boiling water
1 cup nuts chopped fine
1 pkg. dates, cut fine

Cut up the dates and pour boiling water over them; add butter, eggs and then the remaining ingredients. Bake in 350° oven. This will make two average size loaf pans.

DIXIE MUFFINS

2 cups corn meal
3 tsp baking powder
1 tsp. salt
1 tbs. sugar
1 egg
1¼ cups milk
3 tbs. lard or melted fat

Set oven control to 450 degrees to preheat. Sift meal, baking powder, salt. Mix together beaten egg, milk and fat. Add all at once to the dry ingredients. Stir just to moisten and blend all ingredients. Pour the batter into hot greased muffin pans, filling about two-thirds full. Pop quickly into preheated oven. Bake for 15 to 20 minutes. For corn sticks, bake in corn stick molds; for corn bread, bake in shallow square pan.

DIXIE SPOON BREAD

¾ cup meal
1 cup sweet milk
2 eggs
1 tsp. salt
2 tsp. baking pwoder
1 cup boiling water
1 tbs. shortening
1 tsp. sugar (if desired)

Into mixing bowl put the shortening, salt and meal. Over this pour the boiling water. Mix until smooth. Add the milk and the lightly beaten eggs. Add baking powder. Pour into greased baking dish and bake 30 to 40 minutes in a moderate oven.

*In baking spoon bread, it is best to have the oven hot—425°. Then when you put the bread in the oven, reduce the heat to 350° F. Bake 30 to 40 minutes.

FRESH ORANGE TWISTS—COFFEE CAKE

1 pkg. active dry, or 1 cake yeast
¼ cup warm (not hot) water
1 tsp. sugar
¼ cup shortening
1 egg, unbeaten
2 tbsp. sugar
1½ tsp. salt
1 tbsp. grated orange rind
¾ cup orange juice
3½ cups sifted all-purpose flour
1½ tbsp. butter or margarine, melted
¼ cup orange marmalade
¼ cup chopped blanched almonds

In large bowl, sprinkle or crumble yeast onto warm water (use lukewarm water for cake yeast); add 1 tsp. sugar; stir until yeast is dissolved. Add shortening, egg, 2 tbsp. sugar, salt, orange rind and juice; with wooden spoon, beat well. Add flour gradually, beating very thoroughly after each addition. Onto lightly floured surface, turn dough and knead about 5 min., or until smooth. Place dough in greased bowl, turning to grease entire surface of dough; then cover, and let rise in warm place about 85° F. until doubled in bulk. Divide dough in half. Roll one half into a rectangle about 15 in. x 9 in.; brush surface with melted butter; then fold narrow end over center,

making 3 layers. Now cut dough crosswise into 12 strips, each about ¾ in. wide; cover and let rest about 10 min.; then take up each strip, and twist from ends in opposite directions. On greased baking sheet, shape each twisted strip into a coil, tucking end under. Now roll other half of dough into a rectangle about 15 in. x 9 in. Starting at narrow end, spread marmalade on two-thirds of rolled out dough, leaving 5 in. x 9 in. section uncovered; fold this uncovered section over center third of dough; then fold remaining section over other two. Now cut and twist dough as before. Onto greased baking sheet, place twisted strips. Let all rise in warm place until light, about ½ hour. Meanwhile, start heating oven to 375° F. Bake twists 15 to 20 min.; cool. Frost with orange icing; then sprinkle with chopped almonds. Makes 2 dozen.

Orange Icing: In small bowl over hot water, heat 1 tbsp. butter or margarine, 1 tsp. grated orange rind, 1 tbsp. Orange juice and 1 tbsp. lemon juice until butter is melted. Remove from hot water; stir in 1¼ cups sifted confectioner's sugar.

GEORGIA SALLY LUNN

½ cup butter or other shortening
½ cup sugar
3 eggs beaten well, but not separately
1 cup milk
2 cups flour
4 tsp. baking powder
¾ tsp. salt

Cream butter and sugar well, add eggs and milk a little at a time. Alternately add the flour which has been sifted with baking powder and salt. Bake in greased shallow pan, so that Sally Lunn is about 1½ in. thick. Cut in squares and butter. Bake 400° F. oven 20 to 25 minutes.

HOECAKE

1 cup corn meal
1 cup boiling water
¾ tsp. salt

Moisten the salted corn meal with the water and let it sit a minute or two. Drop the batter by teaspoons on a hot greased griddle, and flatten into cakes. Brown on each side, and serve Hot, Hot, Hot!!!

HUSH PUPPIES I

1 cup corn meal
2 tsp. baking powder
½ tsp. salt
1 small onion, minced
1 egg
¼ cup milk, or water

Mix the dry ingredients and add onion (remember to mince it very fine). Break in the egg and beat like mad! Add liquid and form into small patties, or you can scoop up the batter on the edge of a large spoon to make finger-shaped puppies. Drop in deep hot fat in which fish has been fried. Serve golden brown, and again—hot as fire!!!

HUSH PUPPIES II

2 cups corn meal
½ tsp. salt
2 tsps. baking powder
1½ cups buttermilk
¼ tsp. soda
¼ cup sugar
1 egg

Mix all ingredients thoroughly and drop in hot fat with a small spoon.

NEVER FAIL MUFFINS

1½ cups flour
½ tsp. salt
4 tsps. baking powder
¼ cup shortening, melted
1 tbsp. sugar
¾ cup milk
2 eggs, beaten

Sift flour with salt, baking powder and sugar. Combine remaining ingredients and add at once. Stir just until mixed but not smooth. The balls should be lumpy. Fill greased muffin rings half-full. Bake at 425° F. for 25 minutes. Makes 1 doz. muffins.

ORANGE BREAD

2½ cups cake flour
½ to 1 cup sugar
½ tsp. salt
4½ tsps. baking powder
1 cup candied orange peel
1 to 2 eggs, beaten
1 cup milk
1 tbsp. melted shortening
¼ cup black walnut meats or other nutmeats

Mix and sift dry ingredients. Add orange peel and nutmeats. Combine eggs, milk and shortening. Turn into dry ingredients. Mix but do not beat. Fill greased pan ⅔ full. Bake in moderate oven 350° F. 45 to 60 minutes.

ORANGE NUT BREAD

2½ cups sifted flour
¾ cup sugar
3 tsp. baking powder
1 tsp. salt
1 cup finely diced orange peel
1 cup chopped nuts
2 eggs, beaten
1 cup milk
3 tbsp. melted butter

Sift together flour, sugar, baking powder and salt. It takes about two oranges to make one cup diced peel. Cut oranges in half, squeeze and use juice for some other purpose. Pull membrane from orange cups and dice peel finely to make one cup. Add peel and nuts to flour mixture. Combine eggs, milk and butter and add to dry ingredients. Mix only until flour is moistened. (Do not beat). Turn into a greased 9 x 5 in. loaf pan and bake in a 350° F. oven for 50 minutes, or until done. Turn out and cool.

ORANGE-PECAN BUNS

¼ cup granulated sugar
3 tbsps. flour
½ tsp. cinnamon
½ tsp. nutmeg
2 tbsps. butter or margarine
2 cups sifted all-purpose flour
¼ cup granulated sugar
3 tsps. double-acting baking powder
1 tsp. salt
¼ cup shortening
½ cup chopped pecans
1 egg, slightly beaten
½ cup orange juice
½ cup orange marmalade

Start heating oven to 375° F. For topping, combine ¼ cup sugar, 3 tbsps. flour, cinnamon, and nutmeg; with pastry blender or two knives, using scissor-fashion, cut in butter, until mixture is crumbly; set aside. Cut in shortening until mixture looks like coarse meal; stir in pecans. Mix egg, orange juice, marmalade; add to flour mixture, stirring with spoon just until mixture is moistened. Spoon dough into twelve 2½ in. paper-lined or greased muffin pan cups; sprinkle with reserved topping. Bake 20 to 25 minutes. Makes 1 dozen.

SALLY LUNN

2 cups scalded milk
1 yeast cake
⅔ cup shortening
3 eggs
2 tsps. salt
6 cups flour
¼ cup sugar

Scald milk, add shortening, salt and sugar. Beat until smooth. Let rise until double in bulk. Stir down and put into muffin tins. Let rise again and bake in 350° oven 30 or 40 minutes.

SPOON-CORNBREAD

1½ tbsps. butter
1 cup boiling water
2 cups sifted corn meal
2 cups milk
2 eggs, well beaten
2 tbsps. baking powder
1 tsp. salt

Mix butter and salt with meal and pour boiling water over it, stirring quickly. Add milk at once to avoid lumping. Add beaten eggs and baking powder. Pour into buttered baking pan or muffin pans.

BISCUITS SUPREME

2 cups flour
½ tsp. salt
4 tsp. baking powder
½ tsp. cream of tartar
2 tsp. sugar
½ cup shortening
⅔ cup milk

Use same method as for Perfect Biscuits.

PERFECT BISCUITS

2 cups flour
½ tsp. salt
3 tsp. baking powder
3 to 4 tbsps. shortening
⅔ cup milk

Measure sifted flour, then sift again with other dry ingredients into mixing bowl. Measure shortening into bowl; with two knives or pastry blender, cut into dry ingredients quickly until mixture looks like crumbs. Pour the milk in at once, stir gently with fork until flour is dampened. Turn dough on lightly floured board. Roll ½" thick; cut out and bake in pre-heated oven 450° F. 12 to 15 minutes.

SUPERB WAFFLES

2 cups sifted all-purpose flour
1 tsp. baking powder
½ tsp. baking soda
¼ tsp. salt
2 tbsps. sugar
2 eggs, separated
1¼ cups sour milk, or buttermilk
6 tbsps. melted shortening

Beat egg yolks until thick as mayonnaise. (Very important if you want a really light, delicate waffle). Then stir the sour milk or buttermilk into the well beaten egg yolk. Pour egg-milk mixture into the sifted dry ingredients and beat until the batter is smooth. Cool the melted shortening, slightly, then stir it into the batter until well mixed. Beat egg whites until they are stiff enough to stand up in points. Then mix or fold the egg whites into the batter, mixing gently until all the patches of egg white disappear. Pour enough batter on the waffle iron to make a full waffle, when baked. (Here experience and manufacturer's directions must be your guide). Number of waffles depends on size of iron.

WAFFLES I

1 cup whipping cream
⅔ cup sifted flour
2 eggs, separated
4 tablespoons melted butter
⅛ teaspoon salt

Whip the cream, beat the egg yolks. To the whipped cream add the beaten egg yolks, flour and melted butter. Sprinkle salt over egg whites and beat until stiff. Fold into first mixture and bake in preheated waffle iron.

WAFFLES II

Combine together 2 eggs, beaten; 1⅔ cups milk; ¼ cup melted shortening and add 2 cups pancake mix all at once. Then beat with rotary beater until smooth. Bake on hot waffle iron until steaming ceases. Use ½ cup batter for 7 inch round, and 1 cup batter for 9 inch square waffle iron.

ICE BOX ROLLS

1 cup shortening
½ cup sugar
1 tsp. salt
1 cup boiling water
2 eggs, beaten
2 cakes yeast
1 cup cold water
6 cups flour

Blend shortening, sugar, salt; add boiling water, stir well. Cool. Add 1 cup of flour, then the yeast which has stood in the cold water 5 minutes. Add the remaining flour; mix well. Place in a large bowl, cover, put in refrigerator for at least 4 hours. Make out about 3 hours before baking. Bake from 12 to 15 minutes in oven 425° F. This will make enough rolls for family of four for 4 days. Half the recipe may be made if desired.

REFRIGERATOR ROLLS

1 cake yeast
⅓ cup sugar
½ cup shortening
1 cup lukewarm sweet milk
1 tsp. salt
2 eggs, well beaten
4 cups plain flour

Crumble the yeast in a large bowl; add 1 tbsp. of the sugar; mix well. Let stand 5 minutes, then add the rest of the sugar, the shortening, salt, milk, and eggs and 2 cups of the flour. Beat for 3 minutes and add other 2 cups flour. Cover with a cloth and let rise until double in bulk. Cover tightly and store in refrigerator. When ready to make rolls, roll out dough on floured board, work well, cut out rolls and place on greased baking sheet. Cover and let rise about 2½ hours. Bake about 15 minutes in oven 400° F.

WHOLE WHEAT ROLLS

2 cups milk
2 tbsps. molasses or dark brown sugar
1½ tsp. salt
1 cake yeast
5 cups whole wheat flour (Graham)
1 cup sifted white flour
4 tbsp. melted shortening

Scald milk; add molasses or sugar, salt; cool until lukewarm. Crumble yeast in and stir until dissolved. Add remaining flour or enough to make an easily handled dough. Knead thoroughly, keeping dough soft. Place dough in greased bowl; cover and set in warm place, free from draft. Let rise until double in bulk, about 1½ hours. When light, shape into rolls and place in well greased pans. Cover and let rise again until light, about 1 hour. Bake in hot oven at 425° F. about 20 minutes.

For refrigerator rolls. When doubled in bulk, punch down in bowl, brush lightly with melted shortening. Cover well; place in refrigerator until needed. Then shape into rolls, let rise and bake as directed above. This dough will keep several days in the refrigerator.

PARKER HOUSE ROLLS

1 cup milk
5 tbsp. sugar
1 tbsp. salt
1 cake yeast
1 cup lukewarm water
6 cups sifted all-purpose flour
6 tbsp. shortening

Scald the milk; add sugar and salt; cool to lukewarm. Dissolve yeast in lukewarm water and add to lukewarm milk. Add 3 cups flour and beat until perfectly smooth. Add melted shortening and remaining flour or enough to make easily handled dough. Knead well; place in well greased bowl. Cover well, set in warm place, free from draft, until doubled in bulk, about 1½ hours . Roll out ⅜" thick, cut out with 2½" biscuit cutter. Crease heavily in center with back of knife, and brush very lightly with melted butter. Fold over in pocket book shape. Place in well greased pan about ½" apart. Cover and let rise until light, about 1 hour. Bake in oven 425° F. about 20 min. Makes 4 dozen.

NO-KNEADING BREAD ROLLS

1 cake yeast
¼ cup lukewarm water
¼ cup shortening
1¼ tsp. salt
2 tbsp. sugar
1 cup boiling water
1 egg
3½ cups flour

Dissolve yeast in lukewarm water. Place shortening, salt and sugar in a separate bowl. Add boiling water, stir until ingredients are dissolved. When lukewarm add yeast. Add beaten egg. Stir in flour to make a soft dough. (Begin with 3 cups of flour and add as much more as necessary for a soft dough.) Grease a large bowl, place dough in it and cover. Chill dough 2 to 24 hours. Pinch off dough, place in greased muffin tins ⅓ full. Brush tops with melted butter. Rolls will rise in 2 hours in warm place. Bake in hot oven at 425°F., 20 minutes. Remove at once from pan. Makes 2 dozen.

GLUTEN BREAD—(For Diabetics)

1 cup milk
1 tbsp. sugar
1 tsp. salt
1 cake yeast
1 cup lukewarm water
4 cups gluten flour
1 tbsp. melted shortening

Scald milk, add sugar and salt; cool to lukewarm. Dissolve yeast in lukewarm water and add to lukewarm milk. Add half the flour and beat until smooth. Add melted shortening and remaining flour, or enough to make easily handled dough. Knead dough quickly and lightly until smooth and elastic. Place dough in greased bowl, cover and set in warm place, free from draft. Let rise until doubled in bulk, about 1¾ hours. When light, divide

into 2 equal portions and shape into loaves. Place in greased bread pans. Cover and let rise until doubled in bulk, about 1 hour. Bake in 400°F. oven for 45 minutes. Makes 2 loaves.

FAN TANS

1 recipe Parker House Rolls.

When dough is light, roll out into a rectangular sheet 1/8 inch thick. Brush with melted butter or margarine and cut into strips 1½ inches wide. Pile 7 strips together and cut into pieces 1 inch wide. Place inch side up in greased muffin pans. Cover and let rise in warm place, until light, about 1 hour. Bake in oven 400°F. for 20 minutes. Makes 2 dozen.

SWEDISH LIMPE

2 cups water
⅛ cup brown sugar
2 tsp. caraway seeds
1 tbsp. shortening
1 tsp chopped orange peel
or 1 scant tsp. anise seed
½ yeast cake
About 3 cups white flour
1 tsp. salt
About 2 cups rye flour

Boil together water, sugar, caraway seeds, shortening and orange peel (or anise seed) for 3 min. Let mixture become lukewarm. Add yeast. Stir thoroughly, gradually adding sufficient white flour to make a soft dough. Place dough in a warm place and let rise about 1½ hours. Then add salt and enough rye flour to make a stiff dough. Let rise again for 2 hours. Knead slightly and shape into loaf. Put into greased loaf pan and let rise again for half an hour. Bake in oven at 350°F. for 1 hour. Makes 1 loaf.

ORANGE FILLED ROLLS

1 recipe Parker House Rolls. When dough is light, roll out on floured board into rectangular sheet ¼ inch thick. Spread with cooked orange filling and roll up as for jelly roll. Cut into 1 inch pieces; place in greased muffin pans. Cover and set in warm place, free from draft, until light, abaut ¾ hour. Bake in oven at 375°F. about 25 minutes. Makes 2 dozen.

Orange Filling:

3 tbsp. cornstarch
¾ cup sugar
½ cup cold water
½ cup orange juice
2 tbsp. lemon juice
2 tbsp. grated orange rind
2 tsp. grated lemon rind

Mix cornstarch and sugar together. Add water to make smooth paste; add fruit juices and rind. Bring to boil, stirring constantly, and cook until thick. Cool.

FOUNDATION SWEET DOUGH

2 cakes yeast
1 tbsp. sugar
1 cup lukewarm water
1 cup milk
6 tbsp. shortening
½ cup sugar
1 tsp. salt
7 cups sifted flour
3 eggs, beaten

Dissolve yeast and 1 tbsp. sugar in lukewarm water. Scald milk, add shortening, sugar and salt; cool to lukewarm. Add 2 cups flour to make a batter. Add yeast and beaten eggs; beat well. Add remaining flour or enough to make a soft dough. Knead lightly and place in greased bowl. Cover and set in warm place; let rise until doubled in bulk, about 2 hours. When light, punch dough down and shape according to directions for Swedish Tea Ring, Filled Coffee Ring or Cinnamon Buns.

FILLED COFFEE RING

1 recipe Foundation Sweet Dough
1 cup candied citron
½ cup candied lemon peel
⅓ cup candied orange peel
¾ cup canned crushed pineapple, well drained
1 lb. seedless raisins

Chop fine or put through food chopper the citron, lemon peel and orange peel. Mix with pineapple and raisins to make fruit filling. When sweet dough is light punch down and divide into three equal portions. Round up each portion into a smooth ball. Roll out in oblong pieces ¼" thick. Brush with melted butter and cover with fruit filling. Roll up as for jelly roll and place on large greased pan. Make 4 cuts on top of each ring with a sharp knife. Cover and let rise in a warm place about 1 hour. Brush with one egg yolks beaten with 2 tbsp. cold milk. Bake in moderate oven 350° F. about 30 minutes. May be iced while still warm with plain icing.

Plain Icing:

Add 4 tbsp. cold milk or warm water with 1 cup confectioner's sugar; add ¼ tsp. vanilla. Make a smooth paste.

DANISH PASTRY

4 cakes yeast
1 tbsp. sugar
1 cup lukewarm water
1 cup milk, scalded and cooled
7 cup sifted flour
6 tbsp. shortening
½ cup sugar
3 eggs
½ tsp. salt
½ tsp. each, vanilla, lemon extract
1½ cups butter

Dissolve yeast and 1 tbsp. sugar in lukewarm water. Add milk and 3 cups of flour and beat until smooth. Cream shortening and sugar together thor-

oughly. Beat eggs until light, reserving 1 white; add salt and flavoring; add to creamed mixture and mix well. Add this mixture to first yeast mixture and mix well. Add remaining 4 cups of flour gradually to make a moderately stiff dough. Knead lightly on floured board. Place in greased bowl, cover and let rise ¼ in bulk. Roll out on floured board into oblong pieces, ½" thick, using ½ the amount of butter or margarine. Place in small pieces over center third of dough; fold one side over to cover butter or margarine; place remaining pieces of butter or margarine on top, then fold other third of dough to completely cover this layer of butter or margarine. Press edges down well. Turn dough ¼ way around and roll out again to ½ inch thick. Fold ¼ of the dough at each end into center then fold again together. Chill in refrigerator about ½ hour. Roll out to ½ inch thick, fold in fourths and chill ½ hour. Roll out again; the dough is now ready to shape.

Shape as desired into crescents, pinwheels, braided rings, figure eights, etc. Place on greased pans and let rise in warm place, until light, about ¾ hour. Brush with one egg white mixed with 1 tbsp. cold water. Bake in hot oven at 500°F. about 5 minutes; reduce heat to 400°F. and bake until done, about 10 to 25 min. Makes 4 to 6 dozen.

CINNAMON BUNS

1 recipe Foundation Sweet Dough
6 tbsp. melted butter or shortening
1½ cups brown sugar
1 tbsp. powdered cinnamon
1 cup seeded raisins

When sweet dough is light, punch down and divide into two equal parts. Roll out in oblong pieces, ¼ inch thick. Brush with melted butter or margarine and sprinkle with brown sugar, cinnamon and raisins. Roll up as for jelly roll and cut in 1 inch slices. Place cut side up about 1 in. apart in large greased pan. Cover and let rise in warm place, free from draft, until light, about 1 hour. Bake in hot oven, 425°F. about 20 minutes. Ice top while still hot with plain icing. Makes 4 dozen.

BUCKWHEAT CAKES

1 cake yeast
3 tbsp. molasses
2¼ cups lukewarm water
1 cup sifted white flour
1 cup milk
1½ tsp. salt
2 cups buckwheat flour

Dissolve yeast and molasses in lukewarm water. Scald milk, add salt and cool to lukewarm. Add to yeast; add buckwheat flour and white flour gradually, beating until smooth. Cover and let rise in warm place, until light, about 1 hour. Stir well and bake as for Griddle Cakes. Makes 45.

For Overnight Method: Use ¼ cake yeast and an additional ½ tsp. salt. Cover and let stand overnight in a cool place.

CHEESE PUFFS

½ cup shortening
2 eggs
1⅔ cups sharp American cheese, grated
2 cakes yeast
1 tbsp. sugar
½ cup lukewarm water
1½ tsp. dry mustard
1¼ cups sifted flour

Cream shortening; add unbeaten eggs one at a time, beating well after each egg is added. Add grated cheese and beat until thoroughly blended. Dissolve yeast and sugar in lukewarm water and add to cheese mixture. Gradually add mustard and flour which have been sifted together. Beat well. Drop on greased baking sheets, about 1 tsp. to each cheese puff. Allow about 2 inches space between puff. Let rise until light and spongy, about 1 hour. Brush with one slightly beaten egg white and sprinkle with salt. Bake in moderate oven at 375°F. about 20 to 25 minutes. Makes 25.

WHEAT GRIDDLE CAKES

1 cup milk
2 tbsp. light brown sugar
1 tsp. salt
1 cake yeast
1 cup lukewarm water
2 tbsp. melted shortening
2 eggs, well beaten
2½ cups sifted flour

Scald milk, add sugar and salt; cool to lukewarm. Dissolve yeast in lukewarm water and add to lukewarm milk. Add melted shortening, well-beaten eggs and flour. Beat thoroughly to make smooth batter. Cover and let rise in warm place, until light, about 1 hour. Stir well and bake on hot greased griddle. Makes 27.

For Overnight Method: Use ¼ yeast cake and an additional ½ tsp. salt. Cover and let stand overnight in a cool place.

DOUGHNUTS

1 cake yeast
1 tbsp. sugar
1¼ cups milk, scalded and cooled
4½ cups sifted flour
3 tbsp. butter or margarine
½ cup sugar
¼ tsp. salt
1 egg, well beaten
1 tsp. nutmeg

Dissolve yeast and 1 tbsp. sugar in lukewarm milk. Add 1½ cups flour and beat well. Cover and let rise in warm place, about 1 hour, until bubbles burst on top. Cream butter or margarine and sugar. Add salt, egg and nutmeg. Add to yeast mixture. Add remaining flour to make moderately soft dough. Knead lightly, then place in well greased bowl. Cover and let rise 1½ hours. When light, turn out on floured board and roll ¼" thick. Cut with doughnut cutter (3 inch). Place on floured board, cover with cloth and let rise about 1 hour. Fry in deep fat hot enough to brown 1 inch cube of bread in 60 seconds, or 375°F. Fry on both sides, turning only once. Drain, cool and roll in powdered sugar. Makes 3 dozen.

CAKES

ALMOND CREAM CAKE

1 cup butter
2 cups granulated sugar
3 cups cake flour
1 cup sweet milk
5 egg whites
¼ tsp. salt
3 teaspoons baking powder
1 teaspoon vanilla
1 teaspoon almond extract

Cream the butter and sugar; add the flour, milk, baking powder and salt sifted in it alternately with the milk. Finally fold in the stiffly beaten egg whites. Bake in three layers in moderate oven 350°F. for 20 min.

Filling for Almond Cream Cake

2 cups sweet milk
1 tbsp. corn starch
½ cup sugar
4 egg yolks, well beaten

Make a smooth paste of the corn starch with 4 tbsps. of the milk, add the sugar, egg yolks and remainder of the milk; cook in double boiler until thick, stirring constantly. Remove from heat, add the vanilla and almond extract and 1 cup chopped almonds. Fill cake with this and cover with one cup of double rich cream whipped stiff and 2 tbsps. sugar and ½ cup rum or cherry wine.

ALAMO LEMON JELLY CAKE

3 cups sifted all-purpose flour
3 teaspoons baking powder
¼ teaspoon salt
¾ cup butter, margarine, or shortening
2 cups sugar
6 eggs
½ teaspoon lemon extract
1½ cups milk

Start oven at 375°F. Grease and flour three 8" pans. Sift flour, baking powder, and salt together several times. Work fat in a bowl until soft, then add the sugar gradually and continue working until it feels smooth and creamy. Separate egg yolks from whites, beating the yolks one at a time into the creamed mixture. Beat hard after each addition. Stir lemon extract into the milk and mix the liquid alternately with dry ingredients into the creamed sugar mixture. Beat egg whites until they hold a point and mix

gently into the batter. Pour into cake pans and bake 35 minutes. When layers are cool spread lemon filling between layers and over the top.

Filling:

2 eggs
1 cup sugar
1 tbsp. butter or margarine
Grated rind of 1 lemon
Juice of 2 lemons (¼ cup)

Beat eggs slightly in a saucepan. Stir in sugar, butter, lemon rind and juice and cook over low heat, stirring constantly until thick enough to coat a spoon, (about 15 minutes). Cool.

ANGEL CAKE

1¼ cups egg whites
1 cup + 2 tbsps. sifted cake flour
½ cup sifted granulated sugar
¼ teaspoon salt
1¼ teaspoons cream of tartar
1 cup sifted granulated sugar
¼ tsp. almond flavoring
1 tsp. vanilla flavoring

Separate eggs, put whites in bowl to reach room temperature. Then while oven heats to 375°, sift 1 cup plus 2 tbsps. cake flour with ½ cup granulated sugar three times. Beat whites and ¼ tsp. salt until foamy, sprinkle in 1¼ tsps. cream of tartar, beat whites stiff enough to hold definite peaks, then beat at high speed adding 1 cup sifted sugar (1 tbsp. at a time) until sugar is just blended. At low speed add the almond and vanilla flavoring, then stop beater. Sift in flour mixture ¼ at a time, folding each in lightly with spatula turning bowl slowly after each stroke. Then gently turn batter into **ungreased** 10" tube pan. Bake at 375°F. 30-35 min.

APPLE SAUCE CAKE

2 eggs
2 cups flour
¾ cup butter or margarine
1 cup sugar
1 glass of jelly
½ tsp. salt
1 tsp. mace (powdered)
1 cup of apple sauce
1 tsp. each of ground cloves, cinnamon, nutmeg
1 tsp. grated orange rind
juice of ½ orange
1 cup nut meats, chopped up
1 cup raisins, cut up
1 cup mincemeat

Beat sugar with butter, add well beaten eggs, jelly, flour and spices, apple sauce, and orange juice. Finally add raisins, nuts and mincemeat. Put in well greased lined tubepan. Bake at 300° F. for one hour. **All ovens not same temperature, so if cake is not firm turn heat to 350° until done.

APPLE SAUCE CUP CAKES

½ cup shortening
1 cup brown sugar
2 eggs, well beaten
2 cups enriched flour
1 tsp. baking powder
½ tsp. salt
¼ tsp. soda
1 glass of currant or any good jelly
1 cup mincemeat
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
1 cup raisins, chopped
1 cup nut meats

Cream shortening and sugar, add eggs, beat well. Add apple sauce, jelly with dry ingredients, mix well, fold in mincemeat, raisins and nuts. Bake in paper cups or greased muffin pans at 350° F. for 30 minutes.

Frosting for Apple Sauce Cup Cakes

1½ cups sugar
2 tbsps. sherry
¼ tsp. vanilla
2 tbsps. butter

Cream all together well and frost cakes.

BANANA NUT LOAF

2 eggs
1½ cups sugar
½ cup butter or margarine
1 cup mashed pulp of bananas
2 cups flour
1 teaspoon soda
1 teaspoon baking powder
½ teaspoon salt
¼ cup buttermilk
1 teaspoon vanilla
¼ cup chopped walnuts

Cream together the shortening, sugar, banana pulp and well beaten egg yolks. Mix creamed ingredients and sifted ingredients alternately; add buttermilk, vanilla, and walnuts. Fold in beaten egg whites and bake at 350° for 30 min.

BASIC LAYER CAKE

2 cups sugar
1 cup butter
4 eggs
1½ teaspoons vanilla
2½ cups cake flour
½ teaspoon salt
1 cup milk
2 teaspoons baking powder

Soften butter, add sugar and cream until all the particles are dissolved; add the whole eggs; sift the flour with baking powder and salt and add alternately with milk mixture, add vanilla. Bake in layers at 350° F. about 25 minutes. (This may be baked in a loaf at same temperature 45 min.)

BISHOPS CAKE

1 cup sugar
1½ cups sifted all-purpose flour
1½ teaspoons baking powder
¼ teaspoon salt
3 eggs

Beat eggs until fluffy, add other ingredients which have been sifted together. Then add ¼ lb. semi-sweet chocolate chips, 2 cups chopped walnuts, 1 cup coarsely cut dates, 1 cup halved candied cherries. Bake in loaf pan at 325° F. about 45 minutes. Serve as any fruit cake. Does not need aging before using.

BLACK WALNUT CAKE

2 cups sifted cake flour
2½ tsps. baking powder
½ tsp. salt
¾ cup margarine
1 cup granulated sugar
3 eggs
⅔ cup milk
1 tsp. vanilla extract
½ cup finely chopped black walnuts

Start heating oven to 350° F. Grease 10" x 5" x 3" loaf pan. Sift flour with baking powder and salt. In large mixing bowl cream the margarine and sugar until light and fluffy. Add unbeaten eggs, one at a time, beating thoroughly after each addition. Beat in alternately the flour mixture and milk. Add vanilla, nuts. Turn into loaf pan. Bake 1 hour or until done. When cake is cool, frost generously with caramel frosting and sprinkle black walnuts between layers.

BROWN SUGAR SPICE CAKE WITH BAKED ICING

⅞ cup shortening
2 whole eggs
2½ cups sifted flour
1 cup sour milk
2 cups brown sugar
2 egg yolks
1 teaspoon each ground cinnamon, cloves, soda, baking powder
½ teaspoon salt

Topping:

2 egg whites
½ cup broken walnut meats
1 cup brown sugar

Cream shortening; add sugar gradually and mix well. Add whole eggs to egg yolks and beat well, then beat into creamed mixture. Sift flour, spices, soda, baking powder, and salt together. Add to creamed mixture with sour milk; blend thoroughly. Pour into greased and floured pan 8½ x 12½ inches. Beat remaining egg whites until they hold a point. Add brown sugar, mix well, and pour over cake mixture. Sprinkle with nuts and bake at 350° about 45 minutes.

BUTTER FINGERS

Cream 1½ sticks of butter with 4 tablespoons powdered sugar. Add 1 tablespoon cold water.

2 cups sifted flour
1 teaspoon vanilla
1 cup broken nut meats

Cream butter, sugar, flour, and water. Mix well with broken nut meats. Shape into small fingers. Bake in 400° oven 10 minutes. Roll in powdered sugar.

CENTENNIAL CAKE

2 cups sifted cake flour
¾ tsp. baking powder
1 cup butter
1 cup granulated sugar
5 egg whites
¼ tsp. almond extract
½ tsp. vanilla extract
¾ cup finely cut-up citron
¾ cup finely cut-up candied cherries

Start heating oven to 300° F. Grease well 10" x 5" x 3" loaf pan. Sift flour and baking powder together 3 times. In large electric mixer bowl, with mixer at high speed, cream butter well. Gradually add sugar; then beat 5 min. Continue beating, adding egg whites in 3 additions and beating 2 min. after each addition. Then, at low speed, gradually add flour mixture, beating only until smooth. Fold in extracts, citron, candied cherries. Pour into pan. Bake 1 hr. 45 min., or until done. Cool in pan on wire rack. (This cake slices better second day.)

CHOCOLATE NUT CAKE
($100.00 Recipe)

¼ cup butter
2 cups sugar, granulated
4 squares chocolate
2 eggs
1½ cups sweet milk
2 cups cake flour
2 teaspoons baking powder
2 teaspoons vanilla
1 cup chopped nuts

Cream butter and sugar, add melted chocolate and well beaten eggs. Sift dry ingredients; add alternately. Add vanilla and nuts. Bake in 350° oven for 45 minutes.

Icing for Chocolate Nut Cake (not cooked)

½ cup butter
2 oz. chocolate
1½ cups powdered sugar
1 teaspoon vanilla
1 teaspoon lemon juice
1 cup chopped nuts
pinch of salt

Melt butter with chocolate over hot water; then add well beaten eggs, sugar, salt, vanilla and lemon juice. Beat until creamy. Beat in nuts and ice cake. Sprinkle on nuts.

CHOCOLATE NUT LOAF

2½ cups cake flour
¼ tsp. salt
1 tsp. soda
1 cup butter
2 cups sugar
5 eggs, well beaten
1 cup walnut meats, coarsely broken
3 squares Baker's unsweetened chocolate, melted and cooled
1 cup buttermilk or sour milk
2 teaspoons vanilla

Sift flour once, measure, add salt and soda, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs and beat well. Add nuts and chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased loaf pan 12 x 8 x 3 in. in slow oven (325°) 1 hour, or until done. Cover top and sides with Mocha Chocolate Frosting.

Mocha Chocolate Frosting

2 squares Baker's unsweetened chocolate, melted
2 tablespoons butter
½ cup strong coffee
5 cups sifted confectioner's sugar (about)

Combine chocolate, butter and coffee. Mix well. Add sugar gradually until of right consistency to spread. Beat thoroughly and spread on cake.

CO-CO POUND CAKE

3 cups sifted all-purpose flour
½ cup cocoa
1 teaspoon salt
½ tsp. double-acting baking powder
1 cup butter
½ cup shortening
2½ cups sugar
1 teaspoon vanilla
5 unbeaten eggs
1 cup milk

Sift together flour, cocoa, salt and baking powder. Cream butter and shortening in mixing bowl. Gradually add sugar, creaming well. Blend in vanilla and eggs, one at a time, beating well after each. Add dry ingredients alternately with milk, beginning and ending with dry ingredients. Blend thoroughly after each addition. Turn into 10-inch tube pan which has been well greased on bottom **only.** Bake in slow oven 325° 1¼ to 1½ hours. Cover with Chocolate Glaze, if desired.

Chocolate Glaze

1 square unsweetened chocolate
1 tablespoon butter
¾ cup sifted confectioner's sugar
2 to 3 tablespoons milk
1 teaspoon vanilla

Melt unsweetened chocolate and butter in top of double boiler over boiling water. Remove from heat. Blend in confectioner's sugar, milk and vanilla to form glaze.

COCONUT CAKE

3 cups finely grated coconut
6 eggs
1 cup top milk
2 cups sugar
3 cups flour
2 tsps. baking powder
1 cup butter
1 tsp. vanilla

Cream butter with sugar, add well beaten egg yolks. Stir in flour with baking powder sifted in it. Add milk gradually; fold in whites of 3 eggs stiffly beaten. Bake in 3 layers in oven 350° F. about 25 minutes.

Icing:

Use 7 minute white icing. In half of icing stir in half the coconut. Use other half of coconut to cover cake. Sprinkle remaining coconut on top and sides of cake.

CRAZY CHOCOLATE CAKE

Place the following ingredients in a bowl in the order given—**do not** beat or stir at this point.

1 cup sugar
2 eggs
½ cup cocoa
½ cup shortening
½ tsp. salt
1 tsp. baking powder
½ tsp. soda
1½ cups cake flour

Now add ½ cup boiling water to all the ingredients, beat 3 minutes with rotary beater, (2 min. with electric mixer). Bake in greased square pan 35 to 40 minutes. Needs no frosting. May be served with whipped cream as a special dessert.

CRUMB CAKE

2 cups brown sugar (dark)
2 cups flour
1 teaspoon salt
½ cup shortening
1 egg
1 teaspoon cinnamon
1 cup sour milk
1 teaspoon soda
½ cup nut meats (chopped)

Blend sugar, flour, salt and shortening. Measure one cup of this mixture and set aside. To remainder, add egg; stir and then add cinnamon. To the sour milk add the soda and beat ½ min. after adding to mixture. Stir in nut meats to first mixture. Pour batter into oblong pan (8" x 11") and sprinkle crumb mixture on top of uncooked cake. Bake 30 min. at 350° F.

CALIFORNIA NUT & RAISIN CAKE

1 cup seeded raisins
1 cup sugar
½ cup shortening
2 eggs
½ teaspoon each of cloves, cinnamon, nutmeg and allspice
1½ cups flour
½ teaspoon salt
¾ cup raisin liquid
1 cup finely cut walnuts
1 teapsoon soda
1 teaspoon vanilla

Simmer raisins in 1½ cups of water 20 minutes; cool. Mix sugar and shortening, add eggs well beaten, spices and vanilla. Beat well; add flour and salt and liquid from raisins; add chopped raisins and nuts. Beat thoroughly and add soda dissolved in a little hot water. Bake in loaf pan which has been lined with paper and greased, in oven 325° about 45 minutes. Turn out and cool.

Frosting:

Beat 1 egg, add ⅛ lb. melted butter, 2 cups of sugar, ¾ tsp. vanilla. Beat until thick enough to spread; then ice the cake.

DARK CHRISTMAS FRUITCAKE

1 cup currants
3 cups light or dark raisins
½ cup diced preserved orange peel
½ cup diced preserved lemon peel
1½ cups diced preserved citron
1 cup halved candied cherries
1 cup diced preserved pineapple
1 cup pecan halves
1 cup blanched almonds, cut lengthwise
2 cups sifted all-purpose flour
1 teaspoon nutmeg
1½ teaspoons cinnamon
1½ teaspoons ground cloves
½ teaspoon baking soda
1 cup soft shortening
1 cup brown sugar, packed
6 eggs, separated
½ square unsweetened chocolate, melted
¼ cup fresh, frozen, or canned lemon juice
¼ cup orange juice

Thoroughly grease 3½"-deep 9" or 4"-deep 10" tube pan. Cut heavy waxed paper to fit bottom and sides of pan, Line pan with waxed paper (be sure paper fits snugly), and lightly grease paper. Or use aluminum foil without greasing. In large bowl, thoroughly mix currants, raisins, peels, citron, cherries, pineapple, and nuts with 1 cup flour until all are coated with flour. Start heating oven to 300° F. Sift remaining 1 cup flour with spices and soda.

In large electric-mixer bowl, with mixer at medium speed, or "cream", blend shortening with sugar until light and fluffy. Add egg yolks, one at a time, beating thoroughly after each addition. Then add melted chocolate. At low speed, or "blend," beat in alternately, just until smooth, flour mixture and fruit juices. When mixture is thoroughly blended, stir by hand into

fruit mixture. Beat egg whites until stiff; fold into cake mixture. Turn into tube pan. Bake 2 hrs. 20 min., or until cake tester inserted in center comes out clean. Cool completely in pan; remove paper; then wrap fruitcake tightly in waxed paper, saran, or aluminum foil; then refrigerate.

DARK FRUIT CAKE #1

2 lbs. seeded raisins
2 lbs. currants
½ lb. chopped candied pineapple
½ lb. candied cherries
1 lb. chopped citron
2 cups sherry wine or fruit juice
2 cups shortening
2 cups brown sugar
12 eggs
1 glass jelly
4½ cups sifted flour
½ teaspoon salt
1 tablespoon cinnamon
2 teaspoons ground cloves
3 oz. grated candied orange peel
1 oz. grated candied lemon peel
1 lb. chopped blanched almonds
1½ lbs. broken pecan meats
2 tablespoons vanilla
1 cup honey

Combine fruits, add sherry; cover and let stand one night. Sift flour, spices and salt together three times. Cream shortening and sugar together; add jelly and honey. Beat eggs and add to this mixture; add flour, spices and salt gradually. Then add fruits and nuts a small amount at at time until thoroughly blended; also orange and lemon peel and vanilla. Bake in greased pans in slow oven (300° to 325°). Bake large cakes 3 hrs., small ones 1 hr. This recipe makes 3 large and several small cakes. Cool in cake pans. When cold, garnish with fruits and nuts and fruit glaze.

Glaze for Fruit Cake

1 cup sugar
½ cup corn syrup
½ cup water

Cook until mixture is thick, cool; spread on cake. While moist add fruit and nuts for garnish. Store in covered containers.

MOIST FRUIT CAKE #II

1 lb. butter
1 lb. sugar
1 lb. flour
½ lb. citron, sliced
½ lb. candied orange peel, sliced
1 lb. dates
1 lb. seeded raisins
1 lb. almonds, blanched
½ lb. candied lemon peel, sliced
1 lb. nuts (Brazil, pecans, walnuts or mixed)
1 cup molasses
12 eggs
2 teaspoons cinnamon
½ teaspoon allspice
½ teaspoon cloves
1 teaspoon salt
1 teaspoon lemon extract
1 teaspoon orange extract
1 teaspoon nutmeg

Cream butter until very soft and creamy, add sugar gradually and cream well after each addition; add well beaten egg yolks and mix thoroughly; add

the molasses, lemon and orange extract and beat well. Sift flour (use bread flour), spices and salt together. Put nuts and fruit in large bowl, and sift flour and spices over them and thoroughly mix. Beat egg whites until stiff but not dry. Add floured nuts and fruit alternately with egg whites to the creamed mixture until all are used. Turn into brown-paper-lined pans filling at least ¾ full. Decorate each cake with pieces of candied pineapple, candied cherries, citron and blanched almonds, being careful to lay fruit and nuts on gently, so as not to press into batter. Bake in slow (250°) oven 2½ to 3 hours, depending on size of cakes. Immediately when cake is removed from the oven, pour two tablespoons brandy, apricot brandy or glazing syrup over cake.

It is not necessary to cut the nuts and fruit, as cake cuts more attractively when these are left whole. This cake will keep indefinitely. This recipe has been in constant use since 1847.

DATE NUT LOAF CAKE

4 eggs
1 cup sugar
3 cups sifted flour
1 teaspoon baking powder
1 teaspoon salt
2 seven-oz. pkgs. pitted dates, chopped
1 lb. broken pecan meats
1 teaspoon vanilla

Beat egg yolks thoroughly; add sugar, sift flour, salt and baking powder; add chopped dates and nuts. Combine with egg, sugar mixture. Beat well. Fold in stiffly beaten egg whites, add vanilla and bake in loaf pan for 1 hour at 325° F.

DEVILS FOOD CAKE

1. **½ cup bacon drippings**
   1 cup brown sugar
   Cream together

2. **4 eggs**
   1 cup brown sugar
   Cream together

3. Sift 2¼ cups of flour three times, add level tsp. baking powder and ¼ tsp. salt. Mix #1 and #2 with #3, using ½ cup sour milk. Beat thoroughly; add ½ cup boiling water, level tsp. soda and 2 squares chocolate. Mix with other ingredients. Bake in moderate oven.

Icing:

1 egg white
⅞ cup sugar
2 tbsp. water

Put in double boiler and beat constantly for 7 min. When done beat in 12 chopped marshmallows and 1 tsp. vanilla.

DIXIE WHITE CAKE

1½ cups sugar
½ cup Crisco
2½ cups cake flour
3 eggs
2½ teaspoons baking powder
1 cup sweet milk
1 teaspoon almond extract or vanilla, if you prefer it

Cream sugar with shortening; add all other ingredients at one time. Beat with mixer for 3 minutes, by hand beat 5 minutes. Bake in loaf pan for 40 minutes at 350°, or until firm.

DUTCH APPLE CAKE

Batter:

½ cup sugar
½ cup butter or margarine
3 eggs

Filling:

⅓ cup brown sugar
½ teaspoon cinnamon
5 medium-sized apples
Grated lemon rind
1½ cups flour
1½ teaspoons baking powder

Peel, core, and slice apples and sprinkle with mixture of the brown sugar and cinnamon. Cream butter and sugar; add unbeaten eggs one at a time, stirring well after each; add lemon rind; add sifted flour and baking powder, a little at a time, folding in carefully. This makes a very thick batter. Spread half of batter in an 8 inch square greased baking dish; cover with about half of the sliced apples; and spread on remaining half of batter; arrange balance of apple slices in pattern on top. Bake 1 hour at 325 degrees F. Yield: 12 servings.

FEATHER SPICE CAKE

2½ cups Swansdown cake flour
2½ teaspoons baking powder
¼ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon mace
¼ teaspoon cloves
½ cup butter or other shortening
2 eggs, unbeaten
⅓ cup molasses
1 cup sugar
¾ cup milk

Sift flour once; measure and add baking powder and sift together three times. Cream butter thoroughly, add sugar gradually; cream together until light and fluffy; add eggs, one at a time, beating thoroughly after each addition. Then add molasses and blend. Add flour alternately with the milk, a small amount at a time. Beat after each addition until smooth. Bake at 375° F. for 25 to 30 minutes.

May be baked in layers and iced with Mocha Frosting, or cooked in loaf pan and iced with white icing or Mocha Frosting.

ELECTION CAKE

2 pkgs. dry, active yeast or 2 cakes, compressed
½ cup warm water
2 teaspoons sugar
1½ cups milk, scalded
5 cups sifted enriched flour (about)
1 cup butter or margarine
1½ cups brown sugar, firmly packed
4 eggs
1 teaspoon salt
1½ teaspoons cinnamon
¼ teaspoon each cloves, mace, nutmeg
1½ cups seedless raisins
½ cup chopped citron

Dissolve yeast in water (lukewarm for compressed yeast); warm not hot, for dry active yeast). Add 2 teaspoons sugar. Cool scalded milk to lukewarm and add. Add 1½ cups sifted flour. Cover and let rise in warm place until very bubbly—about 1 hour. Cream butter or margarine; add brown sugar gradually, while creaming. Add eggs, one at a time, beating well after each addition; add to yeast mixture. Mix and sift remaining flour, salt and spices; stir in, adding more flour if necessary to make a stiff batter. Beat until smooth. Stir in raisins and citron. Turn into a greased and floured 10 inch tube cake pan, filling not more than ⅔ full. Cover. Let rise in warm place until doubled in bulk, about 2½ hours. Bake in moderate oven 350 degrees F., 1 hour, 15 min. Cool. Frost top with thin lemon glaze and sprinkle with grated lemon peel. Serves 24 to 30 people.

GATEAU PRINCESS CAKE

4 eggs
1 cup shortening
2 cups powdered sugar
4 cups cake flour
Grated rind of 1 orange
6 tsps. baking powder
¼ tsp. salt
½ tsp. milk
1 tsp. orange extract

Cream the shortening with the sugar; add grated rind and extract. Separate eggs, add the well beaten yolks to the shortening and sugar mixture. Add salt to whites of eggs and beat stiff. Sift flour with baking powder; add to mixture with the milk. Lastly, add the beaten whites. Bake in 3 layers in oven 350° F. for about 20 minutes. Put layers together with orange filling.

Orange Filling

Mix 5 tbsps. flour with 1 cup sugar and grated rind of 1 orange; add ½ cup orange juice and juice of 1 lemon. Add to this ¼ cup cold water and a well beaten egg. Add 1 tbsp. butter and a few grains of salt. Cook all together in a double boiler until smooth and thick. Cool and put between layers. Ice top and sides with white icing flavored with grated orange peel.

FRESH ORANGE LAYER CAKE

2¼ cups sifted cake flour
1½ cups granulated sugar
¼ tsp. baking soda
1 tsp. salt
3 tsps. baking powder
½ cup shortening
1 tsp. grated orange rind
¼ cup unstrained orange juice
¾ cup water or milk
2 eggs, unbeaten

Heat oven to 350° F. Line bottom of 2 8" cake pans with waxed paper; then grease paper. Sift together first five ingredients into mixing bowl. Drop in shortening. Add orange rind and about two-thirds of combined orange juice and water. Beat briskly with spoon 300 full strokes or 2 min. Add remaining ⅓ of combined orange juice and water and unbeaten eggs; beat 2 minutes, scraping bowl often. Pour into pans and bake for 30 minutes. Cool on wire rack about 10 min. before removing from pan. Fill and frost with any desired frosting.

GERMAN'S CHOCOLATE CAKE

1 pkg. German's sweet chocolate
½ cup boiling water
1 cup butter, margarine or shortening
2 cups sugar
4 egg yolks, unbeaten
1 teaspoon vanilla
½ teaspoon salt
1 teaspoon soda
2½ cups sifted cake flour
1 cup buttermilk
4 egg whites

Melt chocolate in boiling water; cool. Cream butter and sugar until light and fluffy. Add egg yolks, one at a time, beating after each. Add chocolate and vanilla. Sift together salt, soda and flour; add alternately with the buttermilk to chocolate mixture, beating well after each addition. Beat egg whites until stiff peaks will form. Fold into batter; then pour into three 8" layer pans, lined on the bottoms with paper. Bake in oven 350° 35 to 40 minutes. Cool. Frost tops only.

Coconut-Pecan Frosting

Combine 1 cup evaporated milk, 1 cup sugar, 3 egg yolks, ¼ lb. margarine and 1 tsp. vanilla in a saucepan. Cook and stir over medium heat until mixture thickens—about 12 minutes. Add about 1⅓ cups of coconut and 1 cup chopped pecans. Beat until frosting is cool and thick enuogh to spread.

HOT MILK CAKE

2 cups sugar
2 cups cake flour
1 cup sweet milk
¼ lb. butter
1½ teaspoons baking powder
1 teaspoon vanilla
4 eggs

Beat eggs thoroughly; add sugar, mix and beat until creamy. Add flour which has baking powder sifted in it. Put milk and butter in double boiler, let come to boiling point then pour over the egg, sugar, flour mixture. Beat well. Put in loaf pan which has been greased and lined and bake 40 to 45 minutes in oven 350° F.

This may be iced with any desired icing. Makes a splendid layer cake, as well as loaf cake.

JAM CAKE

½ cup shortening
1⅓ cups brown sugar
2 eggs
⅔ cup blackberry jam
⅔ cup chopped hickory nuts
⅔ cup seedless raisins
2⅔ cups sifted flour
1 teaspoon salt
4 teaspoons baking powder
1 teaspoon cinnamon
1 teaspoon nutmeg
⅔ cup milk

Blend the shortening and sugar and add the eggs slightly beaten. Add the jam, nuts and raisins. Sift dry ingredients and add alternately with milk. Pour into tube cake pan and bake in 350° F. oven about 1 hr.

Icing

½ cup red currant jelly
1¼ cups granulated sugar
Dash of salt
2 tablespoons cold water
2 egg whites

Mix the jelly, sugar and water and cook over low heat until it forms a soft ball in water. Pour the syrup over stiffly beaten egg whites and beat to spreading consistency.

LADY BALTIMORE CAKE

4 egg whites
⅔ cup butter or margarine
3 cups cake flour
1½ cups sugar
½ teaspoon salt
¾ cup sweet milk
½ teaspoon vanilla

Cream the sugar and butter thoroughly, add vanilla, sift baking powder and salt with the flour; add alternately with the milk and creamed mixture. Beat until smooth; fold in stiffly beaten egg whites. Pour in 2 cake pans and bake in over 350° about 25 minutes.

Filling for Lady Baltimore Cake

Cream together 3 tablespoons butter, 4 cups of sugar, 1 teaspoon vanilla, 2 tablespoons lemon juice, ¼ teaspoon salt. Add enough milk to make consistency to spread. To one-half this mixture add ¼ cup chopped walnuts, ¼ cup raisins, ¼ cup cherries and ¼ cup dates and mix well. Put between layers. Cover the sides and top of cake with other half of icing.

LANE CAKE

3¼ cups sifted all-purpose flour
3½ tsps. baking powder
½ tsp. salt
1 cup butter or margarine
2 cups granulated sugar
1 tsp. vanilla extract
1 cup milk
8 egg whites

Sift flour with baking powder and salt. In large mixing bowl, with mixer at medium speed, cream the sugar and butter until fluffy; add vanilla. Beat in alternately the flour mixture and milk. In another large bowl, beat egg whites until they form a stiff peak. Gently fold batter into egg whites. Turn into cake pans and bake in 375° oven 15 to 20 minutes. Cool. Fill, frost as given below.

Lane Filling

8 egg yolks
1¼ cups granulated sugar
½ cup butter or margarine
1 cup chopped pecans
1 cup grated fresh coconut; or 1 can flaked coconut
1 cup cut-up candied cherries
⅓ cup whiskey or wine
1 cup finely chopped seeded raisins

In saucepan beat egg yolks slightly. Cook with sugar and butter over low heat, stirring, about 5 min. or until slightly thickened. Add remaining ingredients. Cool, then spread between cake layers.

Lane Frosting:

2½ cups granulated sugar
pinch of salt
⅓ cup dark corn syrup
⅔ cup water
2 egg whites
1 tsp. vanilla

In saucepan, combine sugar, salt, corn syrup, and water. Cook over low heat until sugar dissolves. Bring to boil, uncovered, without stirring. In small mixing bowl, with mixer at high speed, beat egg whites until foamy; add 3 tbsps. syrup mixture, beating until stiff, but not dry. Boil rest of syrup to 240° F. or until it spins a thread from spoon. Pour syrup slowly over egg white, beating until frosting begins to lose gloss and hold shape. Add vanilla. Spread frosting over top and sides of filled cake layers, adding a drop or two of hot water if it becomes too thick.

LEMON JELLO SURPRISE CAKE

1 pkg. yellow cake mix
1 pkg. lemon jello
¾ cup water
¾ cup wesson oil
4 eggs
1 tsp. lemon extract

Pour cake mix in bowl. Pour dry jello in same bowl. Make well in center of dry mixture; add liquids and mix well by hand. Add eggs one at a time. Mix well. Bake at 325° F. for 1 hour in tube pan.

LOUISIANA FRUIT CAKE

½ lb. butter
1 lb. sugar
1 lb. flour
1½ lbs. seeded raisins
1 qt. pecans, broken
6 eggs beaten separately
1 teaspoon ground nutmeg
2 teaspoons ground cinnamon
1 teaspoon baking powder
1 teaspoon vanilla

Cream butter and sugar; add beaten egg yolks, then alternately sifted dry ingredients and beaten whites of eggs. Lastly add the nuts and raisins. Bake slowly in well greased and paper lined pan at 270° F. for 3 hours. (Makes a delicious crunchy cake).

MARLBORO CAKE

Cream ½ cup butter with a cup of dark brown sugar until very soft. Add 3 egg yolks, a cup of buttermilk, teaspoon cinnamon, ½ teaspoon each of cloves, nutmeg, mace and salt, a teaspoon vanilla, 2½ cups flour, a teaspoon soda, and 3 beaten egg whites. Bake 25 minutes in two layer cake pans in moderate oven. Unmold carefully and put together with whipped cream, slightly sweetened and flavored with vanilla and almond extract. Frost the top and sides with the whipped cream mixture and sprinkle with toasted almonds and cashews.

NEVER FAIL CHOCOLATE CAKE

½ cup butter
1 cup granulated sugar
2 eggs
2½ squares bitter chocolate, melted or 5 tablespoons cocoa
1½ cups flour, sifted
1 teaspoon vanilla
pinch of salt
½ cup milk
2 teaspoons baking powder

Cream the butter and sugar together; add yolks of eggs, chocolate, vanilla and salt. Mix thoroughly; add milk alternately with flour with baking powder sifted in it. Fold in stiffly beaten egg whites. Bake in greased square cake pan about 30 minutes at 325° F. Ice with Fudge Icing.

OLD TIME DARK FRUITCAKE

Temp.: 275° F.

1½ cups prunes
1 cup dried apricots
2 cups seedless raisins
1½ cups seeded raisins
1½ cups currants
1½ cups sliced dates
2½ cups diced preserved citron
1½ cups diced preserved pineapple
1½ cups halved candied cherries
1 cup diced preserved orange peel
1 cup diced preserved lemon peel
1½ cups blanched almonds
1 cup pecan halves
3 cups sifted all-purpose flour
2 tsp. allspice
2 tsp. cinnamon
1½ tsp. nutmeg
1 tsp. mace
½ tsp. ginger
½ tsp. powdered cloves
½ tsp. baking soda
1½ tsp. salt
1 cup soft shortening
1½ cups brown sugar
6 eggs, unbeaten
½ cup molasses
⅔ cup strawberry jam
½ cup sherry

Start heating oven. With 2 thicknesses greased brown paper and 1 thickness greased waxed paper, line 2 9" tube pans or 3 7½" x 3½" x 2½" loaf pans, plus 9" x 5" x 3" loaf pan. Rinse prunes, apricots; cover with water; boil 5 min. Drain, cool. Cut prunes from pits into pieces; slice apricots. Rinse and drain raisins, currants; then add to prunes and apricots. Add dates, citron, pineapple, cherries, orange peel, lemon peel, chopped almonds, pecans; dredge well in ½ cup of flour.

In large electric mixing bowl, with mixer at medium speed, or "cream", blend sugar and shortening until light and fluffy. Add well beaten eggs, black molasses, and strawberry preserves; mix thoroughly; add the flour with spices, baking soda, and salt sifted in it. Stir in by hand, the fruits, nuts and peels, then the sherry.

Put in the pans, fill to 1½ inches from the top and bake 275° F. for 3 to 3½ hours. Test with straw to see if done, and if it comes out clean it is ready to remove from oven.

Prepare the candied fruits, nuts or other decorations you want on the cakes and have them ready. Make a syrup of ¾ cup of sugar, ¼ cup water and a pinch of cream of tartar or baking powder. Cook to a medium syrup, 220° F. Wipe crystals from sides of pan and pour syrup quickly over the cakes. Set your decorations on cakes while syrup is hot. After cake is thoroughly cold, store in tightly covered tin and at intervals pour a little sherry or brandy over the cake. In a week it will be ready to cut. The longer you keep it the better it gets.

ORANGE COVERED CAKE

1 cup black walnuts, chopped
1 cup cut-up dates
1 cup buttermilk
1 teaspoon soda

Put dates and nuts in bowl; sprinkle with soda, pour buttermilk over mixture and let sit.

⅔ cup butter
1 cup sugar
2 eggs
2½ cups sifted flour
1 teaspoon baking powder

Cream butter and sugar; add to two well beaten egg yolks and add this to first mixture. Beat in flour to which baking powder has been added. Fold in two egg whites beaten stiff. Bake in loaf cake pan which has been well greased and lined with waxed paper in 350° F. oven about 1 hour. Grate rind of two oranges, add to juice and 1 cup of sugar and pour this over cake when it comes out of oven.

OUR LADY CAKE

1 cup butter or margarine
2½ cups powdered sugar
4 cups cake flour
5 teaspoons baking powder
1 cup sweet milk
1 teaspoon almond extract
½ teaspoon vanilla
¼ teaspoon salt
10 egg whites

Cream the shortening, sift the sugar and add gradually. Beat well. Sift the flour, then measure it. Sift again with the baking powder; add salt to egg whites, beat stiff, but not too dry. Add flavorings to egg and sugar mixture; add flour and milk alternately, beating hard after each addition. Add the beaten egg whites. Bake in 3 layers in 375° F. oven for about 20 min. or until a toothpick thrust thru the cake comes out clean.

Icing:

Beat until very light two egg yolks; add 1½ cups of sugar and beat. Add ½ cup sweet milk and a few grains of salt. Melt four squares of chocolate. Cook first mixture, stirring hard over hot water until it boils up hard. Continue to cook for 2 min. Take from fire, add the melted chocolate and vanilla, beat until thick. Cool, then ice cake. Sprinkle with pecan halves.

POUND CAKE

2 cups butter
2 cups granulated sugar
10 eggs, or enough to weigh a ponnd
4 scant cups cake flour
¼ teaspoon grated nutmeg
½ teaspoon salt

Beat the butter and sugar 'til very light and creamy, by hand; add the well beaten egg yolks. Sift together twice the flour, salt and nutmeg and add a little at the time, beating thoroughly. Whip the whites of eggs 'til very stiff and fold them in the cake batter as gently as possible. Line cake pan, a steeple pan is best. First grease the pan and line with brown paper, grease the paper and then put in the batter. Bake in moderate oven 325° F. for 1½ hrs. When cold, the cake may be iced or not, whichever is preferred.

POUND CAKE II

1 lb. sugar
¾ lb. butter
10 eggs
1 lb. flour
1 tbsp. flavoring Brandy

Cream the sugar with butter; add the yolks of eggs one at the time, beat well. Add the twice sifted flour gradually, beating all the while; then add the stiffly beaten egg whites. Stir in 1 teaspoon vanilla and 1 wine glassful of brandy. Bake in well greased and paper lined tube cake pan in slow oven about 325° F. for 1 hour or until cake leaves side of pan.

GEORGIA POUND CAKE

1 box confectioner's sugar
3 sticks butter
6 large eggs
3 cups, plus 2 tbsp. cake flour
½ tsp. lemon flavoring
1 tsp. vanilla flavoring

Cream butter; add sugar, beat well. Add one egg at a time, beating mixture thoroughly after each addition. Sift flour into mixture about a third at a time. Bake in 275° F. oven in a 9" tube pan well greased for about 1 hour 20 minutes.

LOUISIANA POUND CAKE

2 cups butter
3 cups sugar
8 eggs
4 cups flour
1 tsp. ground mace
2 tsp. baking powder

Cream butter and sugar; add well beaten egg yolks. Stir in flour which has baking powder and mace sifted in it. When well blended, fold in stiffly beaten whites of eggs. Bake in loaf pan which has been well greased and paper lined in a moderate oven, 325° F. for 1½ hours or until cake leaves the sides of the pan.

PETITS FOURS

Bake a sponge or any butter cake in a shallow pan so that when the cake is done it will not be more than 1 inch thick. When cool, slice in strips, then cut in fancy shapes or squares. Cut each small cake crosswise or split. Fill with whipped cream or any desired icing. Put together and ice all over. Marshmallow cream makes a nice filling. If there will be a large party, color icing in different colors, place a half pecan meat on some. Delicious and attractive.

REFRIGERATOR FRUIT CAKE

32 (½ lb.) regular size marshmallows
⅓ cup Port wine or orange juice
1 cup finely chopped dates
¾ cup chopped candied cherries
1½ cups diced mixed candied fruits
½ teaspoon cinnamon
¼ teaspoon cloves
1 cup undiluted evaporated milk
2 cups golden raisins
1½ cups chopped nuts
⅔ cup chopped candied pineapple
¼ cup diced candied orange rind
½ teaspoon nutmeg
8½ cups Graham cracker crumbs

Dice marshmallows finely with scissors—dip scissors into water as you snip to prevent sticking. Pour milk and wine over marshmallows and set aside.

Prepare remaining ingredients and add to marshmallow mixture. Blend well until all crumbs are moistened—it takes the hands to do this. Line two loaf pans with waxed paper and press mixture firmly into pans. Chill in refrigerator for two days before turning out and cutting.

PINEAPPLE CAKE

2½ cups sifted cake flour
2½ teaspoons double acting baking powder
¼ teaspoon salt
½ cup butter or margarine
1½ cups sugar
3 eggs
1 can (9 oz.) crushed pineapple
1 teaspoon vanilla
¼ cup water

Sift together the flour, baking powder and salt. Cream butter and sugar; beat in eggs thoroughly, one at a time. Add pineapple (including syrup in can) and vanilla. Mix in sifted dry ingredients, alternately with water, in 4 additions; begin and end with dry ingredients. Turn into buttered and floured layer cake pans. Bake in moderate oven about 35 minutes. Turn out of pans and cool. Fill and frost with sweetened whipped cream.

ONE AND A HALF POUND PECAN NUT CAKE

1 lb. shelled pecans
1½ lbs. seeded raisins
1 lb. sugar
6 eggs
14 ounces of well-sifted flour
2 tsp. ground mace
½ cup wine
½ lb. butter

Mix butter and sugar together; add well beaten eggs. Sift flour and mace together; flour fruit and nuts with half the flour, mix all ingredients together. Bake slowly for 2 hours in well greased and paper lined tube cake pan. Pour wine over it when baked. A very popular cake!

POMPEIN CAKE

1½ cups sugar
½ cup Crisco
2½ cups cake flour
3 eggs
2½ teapsoons baking powder
1 cup sweet milk
1 teapsoon vanilla
2 teaspoons orange juice
1½ cups cooked prunes, finely mashed

Cream sugar with shortening; add all other ingredients at one time except the prunes. Beat with mixer for 3 min. Put half the batter in a tubed loaf pan which has been greased and lined with paper. Put a layer of prunes, then the remaining batter. Bake in moderate oven 350° for 40 min., or until done. May be iced with Seafoam Icing.

QUEEN ELIZABETH II CAKE

Pour 1 cup of boiling water over 1 cup chopped dates and 1 tsp. soda. Let stand while the following is being mixed:

Cream together: 1 cup sugar
¼ cup butter
Add: 1 beaten egg
Sift together: 1½ cups flour
1 tsp. baking powder
⅓ tsp. salt

Add flour mixture to creamed sugar and butter mix, then add the cooled dates. Add ⅓ cup nuts, ground or chopped, and 1 tsp. of vanilla. Bake in sheet pan (not larger than 8 x 12 inches) 35 minutes in moderate oven.

Icing

8 tbsp. brown sugar
4 tbsp. cream
2 tbsp. butter

Boil 3 minutes and spread over the cake. Sprinkle nuts and cocoanut over frosting if desired.

PRESIDENT EISENHOWER'S FAVORITE CAKE

½ cup butter
2 cups sugar
3 eggs
1 cup sour milk
2½ cups sifted cake flour
1 teaspoon baking powder
1 teaspoon soda
⅔ cup cocoa dissolved in ½ cup boiling water
¼ teaspoon salt
1 teaspoon vanilla

Sift flour, baking powder, soda and salt; cream the shortening; slowly beat in the sugar. Add egg yolks and vanilla. Add cocoa to flour mixture alternately with milk. Fold in stiffly beaten egg whites. Pour into two greased layer cake pans. Bake 25 minutes in 375° F. oven. Frost with Seven Minute Icing.

PRUNE CAKE

1 lb. prunes
1 pkg. spice cake mix
1 cup chopped walnuts
1 recipe 7-minute frosting

Cook the prunes without sweetening; drain well, reserving liquid. Pit and chop enough prunes to make 1½ cups. Stir nuts into dry cake mix. Then mix cake as pkg. directs, substituting ⅜ cup prune liquid plus ⅜ cup water or milk (whichever the mix calls for) for the 1 cup liquid specified on pkg. Stir in 1 cup chopped prunes when you add the liquid; bake as pkg. directs. Frost with 7-minute frosting to which other ½ cup chopped prunes has been added.

RUM CAKE

8 eggs
2 cups granulated sugar
2 tablespoons fine bread crumbs
½ lb. almonds, blanched and grated fine
Juice and rind of 1 lemon
2 tablespoons flour
½ teaspoon baking powder

Beat egg yolks until light; slowly add sugar, beat until light; add bread crumbs, almonds, lemon rind and juice; beat in flour which has had baking powder sifted in it. Fold in the stiffly beaten egg whites. Bake in loaf pan which has been greased and lined with paper, about 50 minutes at 325°. After the cake cools, split crosswise and put together with following filling:

Filling:

1 glass currant jelly
1 cup finely cut English walnuts

Icing:

4 tablespoons heavy cream
2 cups sugar
2 tablespoons rum

Beat until thick; cover tops and sides of cake.

SAM HOUSTON'S FAVORITE WHITE CAKE

2¾ cups sifted cake flour
4 teaspoons baking powder
¾ teaspoon salt
¾ cup butter, margarine, or shortening
1½ cups sugar
1 teaspoon vanilla
1 teaspoon almond extract
1 cup milk
4 egg whites

Start oven at 375° F. Grease three 8" cake pans. Sift cake flour, baking powder, salt together several times. Work fat until it looks and feels soft. Then add sugar gradually and continue working until mixture is smooth and creamy. Mix vanilla extract, almond extract and milk together. Now stir sifted dry ingredients and liquid into the creamed mixture alternately. Mix well but don't beat. Whip egg whites until they hold a peak and fold into batter. Pour into cake pans and bake 20 to 25 minutes. Cool about 5 min., then invert over a cooling rack, remove pans and cool the cakes.

Chocolate Frosting:

3 sq. (3 oz.) unsweetened chocolate
3 cups sifted confectioner's sugar
Dash salt
¼ cup hot water
3 egg yolks
¼ cup melted butter or margarine
1 teaspoon vanilla extract

Melt chocolate over hot water. When melted remove from water and stir in confectioner's sugar, salt and hot water. Beat in egg yolks one at a time. Then add the fat a little at a time along with vanilla extract. Beat well and spread between cake layers, around side of cake and over the top. Decorate with pecan or walnut halves.

SALLY WHITE FRUIT CAKE

1 lb. butter
1 lb. flour
1¼ lbs. sugar
12 eggs
2 lbs. citron, finely chopped
2 small coconuts, grated
1 lb. almonds, blanched and chopped
1 wine glass brandy
3 tablespoons cinnamon
2 teaspoons mace
1 teaspoon nutmeg
1 wine glass sherry

Cream butter and sugar. Add eggs, beating in one at the time. Mix enough flour with fruit and nuts to cover well; add remaining flour to butter mixture or batter. Add spices, brandy, and coconut; finally fruits and nuts to batter. Pour into 2 tube cake pans which have been greased and lined with greased paper. Bake in slow oven (300°) approximately 2 hours, or until straw comes out clean after piercing cake. Makes 2 cakes.

SEA-FOAM CAKE

1 cup milk
3 egg whites
½ cup vegetable shortening
2 cups sifted cake flour
3½ tsps. baking powder
1 tsp. salt
1¼ cups granulated sugar
1¾ tsps. vanilla

Measure sifted flour, baking powder, salt and sugar into a sifter; sift into a medium mixing bowl; drop in shortening. Pour in ⅔ of milk, then vanilla, and beat at low speed 2 min. Add egg whites and remaining milk, and beat on low speed 2 min. Pour batter into pans. Bake 35 min. in 350° F. oven. Fill cooled Sea-Foam Cake layers with Butterscotch Cream Filling.

Butterscotch Cream Filling:

3 tbsps. all-purpose flour
6 tbsps. brown sugar
⅛ tsp. salt
1 cup milk, scalded
3 egg yolks (left from cake)
2 tbsps. butter or margarine
½ tsp. vanilla

Mix flour, half sugar, and salt in top of a double boiler; gradually stir in milk. Cook over boiling water, stirring, until smooth and thickened—about 10 min. Pour slowly, while beating with a spoon, over egg yolks, which have been beaten with remaining sugar. Return to double boiler and cook 2 min. over boiling water, while stirring. Remove from heat; stir in butter and cool. Add vanilla and spread between layers of cake.

Frosting Sea-Foam Cake

2 egg whites, unbeaten
1½ cups brown sugar firmly packed
5 tablespoons water
1 teaspoon vanilla

Combine first three ingredients in top of double boiler. Beat until thoroughly mixed. Place over rapidly boiling water, and beat constantly with beater, cooking for 7 min., or until frosting stands in a peak on beater. Remove from boiling water; add vanilla; beat until thick enough to spread.

SOUR MILK CHOCOLATE CAKE

½ cup shortening
1½ cups granulated sugar
2 eggs
1 tsp. vanilla flavoring
3 squares (3 oz.) chocolate, melted
2 cups sifted cake flour
1 teaspoon baking powder
1 teaspoon soda
¼ teaspoon salt
1 cup sour milk or buttermilk

Cream shortening, add sugar and continue creaming until light. Beat in eggs, one at a time; stir in vanilla and chocolate. Sift flour, baking powder, soda, and salt and add to chocolate mixture alternately with the milk. Pour into greased cake pans and bake in moderate oven (375° F.) for 35 min. Makes 2 9" layers.

TIPSY CAKE

½ of white cake, sliced
1½ cups blanched almonds
1 pt. whipping cream
½ cup brandy
1 cup sherry

Soak cake in sherry. Make custard of 2 eggs, ¼ cup sugar, 1 pt. milk, 1 tsp. vanilla.

Beat eggs until light; add sugar, beat well. Let milk come to boiling point, put over egg-sugar mixture. Put in double boiler and cook until thick. Put cake in serving dish, sprinkle with chopped almonds. Pour custard over cake and top with whipped cream flavored with the brandy.

SWEET POTATO POUND CAKE

1 pint of hot, mashed sweet potatoes
2 beaten eggs
½ teaspoon salt
1½ cups bread flour
½ cup milk
½ cup butter
¾ cup sugar
1 teaspoon cinnamon
2 teaspoons baking powder
Grated rind of 1 lemon

To the hot, mashed sweet potatoes add the butter and beaten eggs, then the sugar mixed with the salt and cinnamon. Stir in the flour sifted with the baking power, alternately with the milk, and add the grated lemon rind. Bake in greased and floured cake pans about one hour in a moderate oven.

Frosting for Sweet Potato Pound Cake

1½ cups brown sugar
3 tablespoons butter
½ cup cream
1 teaspoon lemon juice
or
½ teaspoon lemon extract

Boil sugar, cream and butter together to the soft-ball stage, cool and beat until thick enough to spread, add the flavoring. Coat the cake top and sides.

TOMATO SOUP CAKE WITH CREAM CHEESE FROSTING

1 cup sugar
½ cup shortening
1 egg
1 can condensed tomato soup
2 cups flour
2 tsps. baking powder
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon ground cloves
1 teaspoon nutmeg
½ teapsoon salt

Preheat skillet at 4 (300° F.) Cream sugar and shortening together. Add egg and tomato soup and mix well. Sift together flour, baking powder, soda, cinnamon, cloves, nutmeg and salt. Add to creamed mixture, beating until well blended. Line skillet with 3 layers wax paper. Pour batter into skillet and bake for 40 to 45 min. Place plate over skillet and invert. Remove paper immediately. When cool, spread with frosting.

TEXAS CAKE

6 ounces (1½ pkgs.) German sweet chocolate
1 cup margarine
2 cups sugar
4 eggs, separated
2½ cups sifted all-purpose flour
¼ tsp. salt
1 tsp. soda
1 cup buttermilk
1 tsp. vanilla

Melt chocolate over hot water. Cream margarine and sugar. Blend in egg yolks and melted chocolate. Sift together dry ingredients and add alternately with buttermilk. Add vanilla and fold in stiffly beaten egg whites. Pour batter into three greased 8" cake pans. Bake 350° oven for 30 to 35 min. Cool partially in pans, then turn out on racks to complete cooling.

Filling and Topping:

½ pint whipping cream, not whipped
¼ pound butter
3 egg yolks
1 cup sugar
1 cup chopped pecans
1 cup angel flake coconut

Mix cream, butter, egg yolks and sugar in saucepan and cook until it begins to thicken, about 12 min. It doesn't seem very thick but thickens as it cools. Remove from heat. Add nuts and coconut and set aside to cool.

VIENNESE FETE CAKE

Cake:

1 cup chopped mixed candied fruits
3 tbsps. rum
1½ cups sifted all-purpose flour
1 tsp. baking powder
1 cup butter or margarine
½ tsp. almond or vanilla extract
1 cup sugar
4 eggs

Glaze:

3 sq. (3 oz.) unsweetened chocolate
3 tbsps. butter or margarine
3 tbsps. confectioner's sugar

Start your oven at 325° F. or slow and grease a 9" x 5" x 3" loaf pan or a 2 quart oven proof bowl or a fluted baking mold. Take your choice. Soak candied fruit in the rum while you make the cake batter.

Sift flour and baking powder together. Work or cream butter or margarine and flavoring extract together. Add ½ cup sugar gradually and continue working until creamy. Now separate eggs. Drop yolks one at a time into the creamed mixture, beating hard after each addition. Stir in flour mixture thoroughly along with the candied fruit-rum combination.

Beat egg whites until they hold a floppy point. Add remaining half cup of sugar gradually and continue beating until mixture is stiff and satin-smooth.

Mix gently or fold into batter, pour into greased pan and bake 1 hour or until cake pulls away from sides of pan. Remove from pan and cool.

To make the glaze: Melt chocolate and butter or margarine together over hot water. Remove from heat and stir in confectioner's sugar smoothly. Spoon or pour over surface of cake. Store in refrigerator.

Cream Cheese Frosting:

1 3-ounce pkg. cream cheese
1 tablespoon lemon juice
½ teaspoon grated lemon rind
About 2¼ cups sifted confectioner's sugar

Blend together cheese and lemon juice. Add rind. Sift in sugar gradually, blending well after each addition. Cover top and sides of cake. If desired, sprinkle top with ½ cup shaved Brazil nuts.

WACKY CAKE

1½ cups cake flour
1 cup sugar
3 tbsp. cocoa
1 tsp. soda
½ tsp. salt
6 tbsp. cooking oil or melted shortening
1 tbsp. vinegar
1 tsp. vanilla
1 cup cold water

Get out a baking dish. (A Pyrex pie plate will do, if you are careful; but something a little larger would be better.) Sift together into the baking dish, the cake flour, sugar, cocoa, soda, and salt. Make three holes in the dry ingredients. (One large hole, one middle-sized hole, and one little hole—just like the three bears.) Into the large hole pour the cooking oil or shortening. Into the middle-sized hole, pour the vinegar. Into the small hole pour the vanilla. Then pour one cup cold water over the whole mess and mix well with a fork. Bake at 350 degrees 25 min. or until done (depending upon baking dish used). When cake is cool, frost with Cream Cheese Frosting.

Cream Cheese Frosting:

1 small pkg. cream cheese
½ cup confectioner's sugar
½ cup whipping cream
½ tsp. almond extract

Cream the Philadelphia cream cheese, ad dthe sifted confectioner's sugar, fold in the stiffly beaten whipping cream and add the flavoring. Spread lightly over the yummy chocolate cake.

WHITE FRUIT CAKE

1 cup butter
1 cup white sugar
5 eggs
½ lb. blanched almonds
¼ cup diced citron
¼ cup diced orange peel
¼ cup diced lemon peel
¼ cup candied cherries
½ cup dates, cut up fine
¼ cup apricots, cut coarse
½ cup seedless white raisins
1 cup diced canned pineapple
½ cup shredded coconut
2 cups sifted flour
1½ teaspoons baking powder
¼ cup pineapple juice

Cream butter and sugar; add well beaten eggs. Mix fruit and nuts well with flour. Add egg mixture and pineapple juice. Bake in loaf pan which has been greased and lined with waxed paper. Bake 1 hr. at 325° F., a little longer if necessary.

WEDDING CAKE

Cut in small pieces:
1 pound raisins
¾ pound figs
¾ pound citron
3 ounces candied lemon peel
½ pound candied cherries
Soak the above overnight in
⅔ cup brandy or grape juice
Measure:
½ tablespoon allspice
½ tablespoon cinnamon
½ tablespoon nutmeg
½ tablespoon cloves
and add 2 tablespoons raspberry extract, 1 tablespoon brandy and 5 tablespoons water or fruit juice. Let stand overnight. Brown 2 cups flour in moderate oven. Next day cream:
1 cup (½ pound) shortening,
add slowly
1 cup sugar and
4 egg yolks beaten until thick.
Add spices
½ cup grape jelly
½ square chocolate, melted, and
4 egg whites beaten stiff.
Sift and measure:
2 cups browned flour and add enough to the fruit to keep pieces from sticking together.

Add remaining flour to egg mixture, then add fruit and 1⅔ cups walnut meats cut very fine. Mix well, turn into 2 round pans lined with paper and greased. Cover with greased paper and steam 2 hours. Dry off in 250° F. oven for 1 hour.

Soft Royal Frosting

Beat: 4 egg whites until stiff and beat in gradually 2 cups sifted confectioner's sugar and 1 teaspoon vanilla. Work 8 tablespoons vegetable shortening or uncolored margarine, until creamy, and add gradually 1 cup confectioner's sugar. Combine the shortening mixture with the egg white mixture, and add more sugar as needed. Put a thin layer or frosting between the cakes and decorate as desired.

WHITE MOUNTAIN CAKE

1. Cream 3 cups sugar with 1 cup butter. Beat whites of 6 eggs, very light. Add ½ of egg whites to first mixture.
2. Mix 4 cups sifted flour, 1 tbsp. baking powder; add to first mixture, a little at a time; add 1 tsp. lemon flavoring. Stir; fold in remaining egg whites. Bake in layer cake pans in oven 350° for 20 minutes.

Lemon Cheese Filling:

4 egg yolks
2 cups sugar
1 tbsp. butter
1 tbsp. grated lemon rind
juice of 2 lemons
1 cup boiling water

Mix all ingredients together, except flour. Make a smooth paste of flour and a little water; then add to first mixture. Stir well. Cook until thick. Cool and spread between layers.

**Plain white icing may be used between layers, if desired.
***This batter may be used for coconut cake or pineapple cake also.

15 POUND DARK FRUITCAKE

2 lbs. raisins
1 lb. pitted dates
½ lb. candied lemon peel
½ lb. candied orange peel
½ lb. candied cherries
½ lb. candied pineapple
½ lb. citron
2 qts. shelled pecans
2 cups shelled Brazil nuts
4 cups flour
1 tbsp. ginger
1 tbsp. allspice
1 tbsp. cinnamon
1 tbsp. nutmeg
½ tbsp. cloves
1 tsp. soda
1 lb. butter or margarine
2 cups sugar
1 dozen eggs, unbeaten
1 cup dark molasses
1 qt. preserved watermelon rind (with thick syrup)
1 qt. fig preserves (with thick syrup)

Line loaf or tube pans with heavy brown paper; grease thoroughly. Set oven at 275° F. Chop raisins, dates, candied fruits and nuts; place them in a very large pan. Sift flour with spices and soda, then dredge fruits and nuts with 3 cups of this mixture. Cream butter or margarine with sugar until light and fluffy. Add unbeaten eggs, two at a time, beating well after each addition. Add remaining flour mixture; mix well. Add molasses, preserved watermelon rind and figs; stir until well blended. Turn this batter into pan with fruits and nuts. With hands, mix until all is well blended. Turn into prepared pans. Set shallow pans of water in oven under baking rack. Arrange cakes in oven and bake at 275° F. for 4½ hours. (Add more water to pans when necessary. If cakes begin to brown too fast on top, lay aluminum foil over them.) Take from oven, cool, then remove paper from cakes. When cold, wrap and store in a lightly covered container.

5 POUND WHITE FRUITCAKE

¼ lb. citron
¼ lb. candied orange peel
¼ lb. candied lemon peel
¼ lb. candied cherries
¼ lb. pitted dates
¼ lb. dried apricots
½ lb. white raisins
½ lb. moist shredded coconut
1¼ cups pineapple chunks, drained
2 cups pecans
1 cup butter or margarine
1 cup sugar
5 eggs
2 cups flour
1 tsp. salt
1½ tsp. baking powder
¼ cup pineapple juice

Grease one very large ring mold or loaf pan. Chop fruits and nuts; dredge with ½ cup of the flour. Cream butter or margarine with sugar until light. Add eggs, one at a time, beating well. Sift remaining flour with salt and baking powder; add this alternately with pineapple juice. When well mixed, turn this batter into dredged fruits and nuts; mix well with hands. Turn into prepared pan, filling only two-thirds full. Decorate top of cake if desired. Cover top of pan tightly with two layers of waxed paper; tie securely with a string (cut the ends of string short). Place the rack in your pressure saucepan or cooker, set cake on rack, and pour in boiling water to almost the halfway mark of the cake pan. Adjust saucepan cover; bring water to boil and allow to steam for 15 min. Place gauge or indicator over vent; bring to 15 pounds pressure and steam for 40 minutes. Reduce pressure to zero quickly. Remove cake from pressure saucepan and place in oven set at 325° F., allowing it to dry for 20 minutes.

ICINGS

BOILED ICING

2 cups white sugar
¾ cup water
3 egg whites, stiffly beaten
3 tbsp. white sugar

Boil 2 cups white sugar with ¾ cup water until it forms a soft ball when dropped from a spoon in cold water, or until it spins a thread 2 or 3 inches when a smill bit is dropped from spoon.

While syrup is cooking, beat the egg whites very stiff and beat in 3 tbsp. of sugar very gradually as you would for meringue. Pour hot syrup over the egg mixture. Beat all together until thick enough to spread on cake. Flavor with vanilla, almond or lemon extract. Makes enough to ice a three-layer cake.

BUTTER CREAM FROSTING

½ cup butter
⅓ cup white corn syrup
¼ teaspoon salt
½ teapsoon vanilla
½ cup cocoa
1 to 2 tbsp. milk
3½ cups sifted sugar

Cream butter, add syrup, salt and vanilla; blend. Stir in cocoa. Add milk and sugar alternately, beating until smooth and creamy after each addition. Add enough milk to make a good spreading consistency. For a richer chocolate flavor use 1 cup cocoa, increase milk to ⅓ cup.

CARAMEL ICING I

2 lbs. light brown sugar
½ stick butter
¼ cup water
½ cup Pet milk
2 eggs
1 teaspoon vanilla

Cook sugar, water and milk together in heavy saucepan until it will form a soft ball when dropped from a spoon in cold water.

Remove from heat and add the butter, beat together well and pour over beaten eggs. Add pinch of salt and vanilla. Beat until thick and creamy. Will fill and cover 2 large cake layers.

CARAMEL ICING II

1 pkg. light brown sugar
2 cups white sugar
1 stick margarine
1 cup milk

Boil 2 minutes, hard. Beat until it is the consistency to use on cake. This icing will keep in tight jar in refrigerator for weeks.

CHOCOLATE ICING

2 squares chocolate
1 cup sugar
⅓ cup milk
1 tablespoon flour
2 tablespoons butter
½ teaspoon vanilla

Melt chocolate over hot water; add the sugar and flour mixed together. When smooth, add the milk slowly. Cook all these ingredients until it will spin a thread when dropped from a spoon. Add the butter and vanilla. Cool and beat until thick enough to spread without running. If it gets too thick put over hot water until it softens.

CREAM CHEESE ICING

2 3-ounce pkgs. cream cheese
2½ to 3 tbsps. milk
⅓ tsp. salt
½ tsp. vanilla
½ tsp. almond flavoring

Blend cream cheese and milk with 6 cups of sugar, if too stiff add a little more milk to make it easy to spread. Add salt, vanilla and flavoring.

"MISS ANNA'S" WHITE ICING

3 cups sugar
1 cup water
1 tsp. cream of tartar
3 egg whites, unbeaten

Boil the sugar, water and cream of tartar until it spins a fine thread when dropped from a spoon. Remove from heat and pour over egg whites, unbeaten, until it thickens. If not stiff enough to spread put over hot water and continue beating until it begins to adhere to the pan. Flavor with any desired flavoring.

MOCHA ICING

2 tablespoons butter
2 cups confectioner's sugar
2 tablespoons cocoa
2 tablespoons strong coffee
¾ teaspoon salt

Cream together well the butter and sugar; add cocoa and coffee and salt. Beat until smooth, if too dry add more coffee. If too moist add more sugar. Delicious with Jam Cake or Chocolate Cake.

ORANGE FROSTING

2 egg whites, unbeaten
¾ cup sugar
⅓ cup white corn syrup
Grated rind of 1 orange
2 tbsp. orange juice
¼ teaspoon cream of tartar
¼ teaspoon salt

Mix all ingredients in top of double boiler with a spoon until they are mixed together thoroughly. Place over briskly boiling water. Beat with rotary beater or electric beater over the boiling water until the frosting stands in perfect peaks when beater is lifted from mix. Remove from boiling water and continue beating until slightly cool and spreadable. Frosting should hold definite shape at this point. Makes enough to spread between and on top and sides of 2 9-inch layers.

SEA FOAM FROSTING

2 unbeaten egg whites
1½ cups brown sugar, firmly packed
5 tablespoons water
1 teaspoon vanilla

Combine first 3 ingredients in top of double boiler. Beat with rotary beater until thoroughly mixed. Place over rapidly boiling water and beat constantly for 7 min. or until frosting stands in peaks. Remove from boiling water; add vanilla and beat until thick enough to spread.

SEVEN MINUTE ICING

2 egg whites, unbeaten
¼ cup light corn syrup
1½ cups granulated sugar

Put in double boiler and beat with hand beater or electric beater for 7 min. Remove from heat, beat in vanilla or other flavoring.

SNOW PEAK FROSTING

1¼ cups white corn syrup
2 egg whites
Pinch salt
1 tsp. vanilla extract

Heat corn syrup till boiling. With electric mixer at high speed, or with egg beater, beat egg whites until they form soft peaks. Add salt. Slowly pour in syrup, continuing to beat until frosting is fluffy and forms peaks when beater is raised. Fold in vanilla. Fills and frosts 2 8-inch layers.

SUPERB UNCOOKED CHOCOLATE ICING

¼ cup butter
2 oz. chocolate
1 egg
1½ cups sugar
Pinch of salt
1 tsp. vanilla
1 tsp. lemon juice
1 cup chopped pecans

Melt butter with chocolate over hot water; beat well. Add beaten egg, sugar, salt, vanilla and lemon juice. Beat until creamy, stir in nuts. The nuts may be sprinkled in between and on top of iced cake, if desired.

COOKIES

ALMOND COOKIES

3 cups flour
3½ cups sugar
½ lb. almonds
1 tbsp. vanilla
½ lb. butter
2 eggs
1 tsp. nutmeg

Cream 2 cups sugar and butter; add beaten eggs, flour and then the seasoning. Mix the remaining cup and a half of sugar and the half pound of finely chopped almonds. Mix a spoonful of the batter in the sugar and almond mixture for each cookie. Place in greased cookie sheet and bake in slow oven, 350° F., until brown.

ALMOND MACAROONS

1 lb. granulated sugar
6 egg whites
1 lb. almonds, shelled and ground (do not blanch)
Rind of 1 lemon
Cherries

Beat egg whites stiffly; add sugar gradually, then almonds and grated rind of lemon. Drop by teaspoons on greased cokkie sheet; garnish each with ½ cherry. Bake for 25 min. in moderate oven, 350° F. Makes 6 dozen.

APPLESAUCE COOKIES

1 cup sugar
1 egg
2½ cups sifted flour
½ tsp. cinnamon
¼ tsp. cloves
½ cup chopped nut meats
½ tsp. soda
1 tsp. baking powder
1 cup thick unsweetened applesauce
½ cup raisins
½ cup shortening
½ tsp. salt

Cream shortening and sugar; add egg. Beat well. Sift together flour, spices, salt, soda, and baking powder. Add alternately with applesauce to creamed mixture. Add raisins and nuts. Drop from spoon to greased cookie sheet about 2 inches apart. Bake in moderate oven 400 degrees 15 to 20 min. Makes 5 dozen.

BELLE TEACAKES

3 eggs
1 cup sugar
1 cup butter or margarine, melted
2 teaspoons baking powder
2 teaspoons vanilla extract
3 cups flour
Pinch salt

Cream sugar and butter together; add well-beaten eggs, then vanilla, mixing well. Sift salt and baking powder with flour; add to first mixture. Roll out ¼ inch thick, cut in fancy shapes. Bake in moderate oven until brown.

BLACK WALNUT COOKIES

6 eggs
1 tablespoon water
2 pounds brown sugar
1 cup black walnuts, chopped
½ teaspoon salt
1 teaspoon soda
7 cups cake flour

Beat whole eggs with water till thick, add sugar gradually and beat thoroughly. Add nuts, and the flour which has been sifted with the soda and salt. Make in small balls about the size of a hickory nut and bake on ungreased cookie sheets in moderate oven. Makes 15 dozen.

BROWNIES

1 stick butter
2 eggs
1 lb. brown sugar
½ cake melted chocolate
1½ cups of nuts (broken up)
1 cup sifted flour
1 teaspoon vanilla

Cream butter and sugar; add eggs not beaten. Add other ingredients and beat well. Grease pan and sprinkle with a little flour. Bake 20 min. in slow oven. Turn off heat and let stay in oven 10 min. Take out and cut in squares and roll in powdered sugar.

BUTTER STICKS

⅔ cup butter
½ cup sugar
2 eggs, beaten
½ tsp. almond extract
3 cups cake flour
½ tsp. soda
½ tsp. salt

Cream butter and sugar. Sift soda and salt with flour. Combine beaten eggs, almond extract, creamed butter and sugar and the sifted dry ingredients. Force through a pastry tube or cookie press into sticks or other shapes; or the daugh may be shaped in rolls about 3 in. long. They should be about ½ in. in diameter. Sprinkle with sugar and bake in 400 degree oven. Makes about 40 sticks 3 in. long.

BUTTERSCOTCH COOKIES

2 cups brown sugar
2 eggs
1 tsp. vanilla
1 cup nuts, chopped
1 tsp. soda
3 or 4 cups flour (enough to make stiff dough)
1 cup butter
1 tsp. cream of tartar
1 cup chopped dates

Sift the flour with cream of tartar and soda; cream butter, sugar and eggs together thoroughly. Add the flour mixture and stir until the flour is well blended in. Add nuts and dates. Form into a roll and wrap in wax paper. Let stay over-night in refrigerator. Cut in ⅛ in. slices. Bake in hot oven.

BUTTERSCOTCH DROPS

Cream ⅔ cup of fat (part butter) until soft. Add 2 cups dark brown sugar and mix until very soft. Then add 3 beaten eggs, 2 tsp. cinnamon, 1 tsp. cloves, ½ tsp. salt, 1 tsp. vanilla and ½ cup buttermilk. Beat well. Blend in 4½ cups flour, 1 tsp. soda and 1 tsp. baking powder. Chill the dough over-night (longer if convenient). Drop portions of dough onto greased baking sheets. Flatten each cookie and spread chopped dates and nutmeats over them. Bake 10 min. in moderate oven.

BUTTERSCOTCH PECAN COOKIES

1 cup butter or margarine
1 cup brown sugar, firmly packed
¼ cup milk
Pecan halves
½ teaspoon vanilla
2 cups sifted flour
2 teaspoons baking powder

Cream butter and brown sugar; add milk and vanilla and mix well. Add dry ingredients which have been sifted together. Chill in refrigerator for 1 hr. Shape into balls and place on an ungreased cookie sheet. Press a pecan half into the center of each cookie and bake in 375 degree oven 6 to 8 min. Makes 4 to 5 dozen cookies.

CHOCOLATE COOKIES

½ stick margarine
1 can Eagle brand condensed milk
1 cup flour
1 cup chopped nuts
2 pkgs. chocolate chips

Add melted chocolate to creamed margarine. Blend in flour, milk and nuts. Bake in preheated oven 350 degrees for 12 minutes.

CHOCOLATE CHIP COOKIES

8 sq. chocolate
½ cup butter or shortening
½ cup granulated sugar
¼ cup brown sugar, firmly packed
1 egg, well beaten
1 cup sifted flour
½ tsp. salt
½ tsp. soda
½ cup chopped nut meats
1 tsp. vanilla

Cut chocolate in quarter-inch cubes. Cream butter. Add sugars gradually and cream together until light and fluffy. Add egg and mix thoroughly. Sift flour once; measure. Add salt and soda and sift again. Add cut chocolate, nuts, and vanilla and mix thoroughly. Drop from teaspoon on greased baking sheet, two inches apart. Bake in 375 degree oven 10 to 12 minutes. Makes about 50 cookies.

CHOCOLATE PECAN DROPS

½ cup softened shortening
1 cup brown sugar
1 egg
2 sq. unsweetened chocolate, melted
2¼ cups sifted flour
½ tsp. soda
½ tsp. salt
¾ cup milk
½ cup chopped pecans

Mix together thoroughly the shortening, sugar and egg; blend in the melted chocolate. Sift together the flour, soda and salt and stir into shortening-sugar mixture alternately with the milk. Stir in with last addition of flour, the chopped pecans. Chill dough. Drop by teaspoonfuls about 2 in. apart onto greased baking sheet. Bake 10 to 12 min. in 400 degree oven. Makes 3 to 4 dozen.

CHOCOLATE REFRIGERATOR COOKIES

1¾ cups sifted flour
½ tsp. salt
¾ tsp. baking powder
1 cup butter or margarine
1 cup sugar
1 tbsp. heavy cream
½ tsp. vanilla
½ cup finely chopped pecans
3 oz. semi-sweet chocolate, grated

Sift dry ingredients together. Cream butter and sugar. Add cream and vanilla and mix well. Add sifted dry ingredients gradually, then add chocolate and nuts. Form into small rolls, 1 in. in diameter and chill in the refrigerator several hours or over-night. Slice thin and place on ungreased cookie sheet. Bake in 375 degree oven for 8 to 10 min. Makes 5 dozen cookies.

COCONUT MACAROONS

1½ cups grated coconut
½ cup sifted confectioner's sugar
1 egg white
Dash of salt

Combine coconut and sugar; mix well. Beat egg white with salt until stiff, but not dry. Add to coconut mixture and blend well. Drop from teaspoon onto a greased baking sheet and bake at 350° F. 15 min. or until brown. Makes one dozen.

COCONUT ROLLS

⅔ cup butter
½ cup dark brown sugar
2 eggs
½ cup baking molasses
½ cup milk
1 tsp. vanilla
½ tsp. salt
3½ cups cake flour
2 tsp. baking powder
½ tsp. soda
¾ tsp. ginger
½ tsp. cloves
1 tsp. cinnamon
4 cups finely cut coconut

Cream butter and sugar. Beat eggs and add to them the molasses, milk and vanilla. Sift together the dry ingredients. Add the sifted dry ingredients alternately with the wet ingredients to the creamed butter and sugar. Blend thoroughly. Add the coconut. Chill. Roll in finger-length rolls and bake in 350° F. oven.

If desired, the cookies may be dropped without chilling, or instead of forming into rolls, may be rolled out and cut. Makes about 36 cookies 2 by 3 inches.

COCONUT SLICES

Cream ⅔ cup butter, add 1½ cups sugar and beat until creamy. Mix in 1 teaspoon vanilla, ½ teaspoon each of lemon and almond extracts, ½ teaspoon salt, ⅓ cup sweet cream, 3 eggs, ⅔ cup toasted cocoanut, 4⅓ cups flour, 1 teaspoon soda. Press into a buttered loaf pan and chill 24 hours—or longer. Cut off thin slices, top with halved candied cherries and bake 10 min. in moderate oven.

CRESCENT COOKIES

¼ lb. butter
2 tbsp. powdered sugar
1 cup flour
1 cup finely chopped nuts
1 tsp. vanilla
½ tsp. cinnamon

Cream butter and sugar; work in flour and flavorings, finally add nuts. Shape with the hands in small crescents. Bake in oven 350 degrees about 15 minutes.

CRANBERRY SQUARES

1 ¼ cups sifted enriched flour
½ teaspoon salt
½ cup brown sugar
2 cups rolled oats
¼ cup finely chopped nutmeats
¾ cup butter or margarine
1 tablespoon cold water

Combine flour, salt, brown sugar, oats and nutmeats. Cut in butter until mixture is crumbly. Blend in cold water. Pack half of mixture into greased 8-inch square pan.

Filling:

1½ cups or one No. 303 can whole cranberry sauce
⅓ cup flaked or shredded coconut
¼ cup cornstarch
⅓ cup granulated sugar

Combine all ingredients in a saucepan. Heat over medium heat until mixture boils, stirring constantly. Spread filling over crust; sprinkle other half of crumb mixture over top. Bake in 350 degree oven about 30 min. Chill before cutting and serving.

CRISP ALMOND TREATS

½ cup butter or margarine
1 cup confectioner's sugar
1 egg yolk
¼ tsp. almond extract
1¼ cups sifted all-purpose flour
Whole or split blanched almonds
Honey

Cream butter or margarine and sugar; beat in egg yolk thoroughly. Mix in almond extract and flour. Press through cookie press. Lightly spread an almond (whole or split, depending on size of cookies) with honey and place in the center of each cookie. Bake on ungreased cookie sheet in hot oven 400 degrees, 8 to 10 minutes.

CRULLERS

Cream ¼ cup butter and add 1 cup sifted sugar gradually. Add 2 well beaten eggs. Mix and sift 1 cup flour with 3½ teaspoons baking powder, ¼ teaspoon grated nutmeg and a few grains salt. Add alternately with 1 cup milk to the first mixture. Add aditional sifted flour to make a dough that can be handled. Turn out on lightly floured board, roll about ½ inch thick and cut into strips. Twist and fry in hot, deep fat. Drain on unglazed paper and when cold put in a paper bag with a little powdered sugar and shake well.

CRUNCHY SUGAR COOKIE

1 cup sugar
½ cup butter
1 egg
2 tbsp. cold water
2¼ cups flour
1 tsp. vanilla
½ tsp. soda
¼ tsp. cream of tartar
¼ tsp. salt

Cream butter and sugar; add beaten egg, water and vanilla. Sift flour, soda, cream of tartar and salt together. Mix everything well and roll out very thin. Sprinkle with sugar and cut out. Bake at 400 degrees for 5 to 8 minutes.

DANISH COOKIES

1¾ sticks butter
4 tbsp. confectioner's sugar
2 cups flour
1 tsp. water
2 tsp. vanilla
1 cup chopped nuts

Mix well and shape with hands, break in small pieces and roll. Bake in moderate oven 350 degrees about 15 minutes.

DATE BARS

1 pkg. dates
1 cup flour
1 cup sugar
2 eggs
1 cup chopped nuts
2 tbsp. melted butter or margarine
2 tbsp. hot water

Melt butter in hot water. Cream with the sugar and eggs. Add flour, beat briskly; add nuts and chopped dates. Stir well and bake in greased pan at 350 degrees about 25 minutes. Cut in strips and roll in powdered sugar.

DATES IN CHEESE PASTRY

¼ cup butter or margarine
13-ounce pkg. cream cheese
1 cup flour
1 egg white
1 pkg. pitted dates
½ cup sugar
½ cup English walnuts or pecans chopped fine

Cream butter and cheese, add flour and knead until mixture is like pie-crust dough. Wrap in waxed paper and chill thoroughly in refrigerator. Roll out very thin on a lightly floured board and cut into squares large enough to wrap around each date. Dip pastry covered dates in unbeaten egg whites and roll in mixture of chopped nuts and sugar. Bake on an ungreased baking sheet in moderate oven 15 to 20 minutes. Makes about 15.

DATE SWIRLS

For the filling you need ½ lb. pitted dates cut fine, ¼ cup sugar, ⅓ cup water. Cook these for 5 min., stirring constantly. Remove from heat and add ¼ cup chopped nuts. Cool this mixture.

While the filling is cooling, mix the cookie batter. Use ½ cup butter or margarine, ½ cup brown sugar, ½ cup white sugar, 1 beaten egg, ½ tsp. vanilla, 2 cups flour, ½ tsp. salt, and ½ tsp. soda.

Cream the butter with the sugar; add the egg and vanilla. Sift flour, salt and soda together and add. Blend all well.

Toss the dough on a lightly floured board and roll in an oblong shape to about ¼ inch thickness. Spread the date filling and roll up like a jelly roll. Wrap in waxed paper and put in refrigerator to chill for 24 hours. Slice cookies about ¼ inch and bake on buttered cookie sheet for about 12 min.

DEE-LISH-US MOLASSES COOKIES

1 cup black molasses
¾ cup brown sugar
½ cup butter or margarine
½ cup bacon drippings
2½ cups plain flour
1 cup buckwheat pancake flour or wholewheat flour
2 eggs, well beaten
¼ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground ginger
½ teaspoon ground cloves
1 cup seeded raisins
1 cup chopped nuts

Cream molasses, sugar and shortening well; add spices and the well beaten eggs. Add the flour. When thoroughly blended, add 1 level tsp. of soda dissolved in 2 tbsp. hot water. Stir in nuts and raisins which have been dredged in flour. Drop by teaspoonfuls 2 in. apart on cookie sheet. Bake at 350 degrees about 12 min. Makes about 6 dozen cookies.

FIG SLICES

¾ cup butter
1½ cups brown sugar
1 egg
¼ cup milk
2¾ cups cake flour
3 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
1 cup ground figs
1 cup chopped nuts

Sift the sugar and measure. Beat the egg and add the milk. Sift the dry ingredients together. Cream butter and sugar and add the dry and wet ingredients alternately. Add the figs and nuts and form into two rolls. Wrap in wax paper and chill in refrigerator until firm. Slice about ⅛ inch thick and bake in 375 degree oven.

FOUNDATION FILLED COOKIES

½ cup shortening
1 cup sugar
1 egg, beaten
1 teaspoon vanilla
½ cup sweet milk
3½ cups cake flour
3 teaspoons baking powder
½ teaspoon salt

Cream shortening, add sugar and cream well together. Add vanilla and beaten egg and beat. Sift dry ingredients together and add alternately with the milk to the fat mixture, beating till well blended. Chill at least 15 minutes before rolling out so the soft dough will be more easily handled. Roll about ⅛ inch thick on a floured, cloth covered board and cut with round cookie cutter about two inches in diameter. Put a teaspoon of any favorite filling in center of one cookie and cover with another. Press edges together. Bake in 375 degree oven. Makes about 3 dozen cookies.

Date Filling:

2 cups dates
⅔ cup sugar
⅔ cup boiling water
1 tablespoon lemon juice
1 tablespoon butter
⅛ teaspoon salt

Cook dates, sugar and water together until thick. Add the lemon juice, butter and salt. Other dried fruits such as raisins or figs may be used in this recipe.

Prune Filling:

1 cup chopped dried prunes
½ cup orange juice
1 tablespoon flour
½ cup sugar
½ cup chopped nuts
⅛ teaspoon salt

Mix and cook, stirring constantly until thick.

Raisin Filling:

⅔ cup sugar
⅔ cup hot water
2 cups raisins
1 tablespoon butter
⅛ teaspoon salt

Mix ingredients and cook until thick, stirring constantly.

FOUNDATION REFRIGERATOR COOKIES

1 cup butter
2 cups brown sugar
2 eggs, beaten
1 teaspoon vanilla
3½ cups cake flour
½ teaspoon salt
2 teaspoons baking powder

Cream butter and sugar. Add beaten eggs and vanilla alternately with the sifted dry ingredients. Form in long rolls about two inches in diameter and place in the refrigerator to chill for at least an hour or until firm. Slice cookies about ⅛ inch thick and bake in 375 degree oven. Makes about 8 dozen cookies 1½ to 2 inches in size.

FOUNDATION SUGAR COOKIES

1 cup butter
2 cups white sugar
3 eggs, beaten
6 tablespoons milk
2 teaspoons vanilla
5½ cups cake flour
1 teaspoon salt
3 teaspoons baking powder

Cream butter, add sugar gradually and cream. Add milk and vanilla to beaten eggs. Sift flour, salt and baking powder together. Add dry ingredients alternately with liquid ingredients to the creamed butter and sugar. Chill. Flour cloth covered breadboard lightly. Roll out a portion of the dough (keep the rest in the refrigerator) about ¼ inch thick. Cut, sprinkle with sugar and bake in moderately hot (375°-400° F.) oven. Keep all scraps after cutting for the final rolling so that the dough does not become overworked and thus toughen the cookies. Makes 4 dozen cookies 2 inches in diameter.

FRENCH MERINGUE

2 cups sugar
1 cup water
6 egg whites
1 teaspoon vanilla

Boil sugar and water to a heavy thread stage. Beat egg whites very stiff and add the syrup, beating continuously. Add flavoring and beat till cold. Shape with a spoon or pastry bag on letter paper or on a cookie sheet which has geen greased and dredged with cornstarch. Let stand until dry and bake in a very slow oven (25°-275° F.)

If one wishes to remove the center and fill with ice cream or whipped cream, bake on a wet board covered with letter paper, remove the center and return to dry out.

Chopped nuts may be added to the meringue mixture or the meringues may be sprinkled with the chopped nuts for a variation.

FUDGE SQUARES

1 cup sugar
½ cup butter or margarine
1 square chocolate
1 cup flour
1 cup broken nutmeats
2 eggs
1 teapsoon vanilla extract
¼ teaspoon salt

Melt butter or margarine and chocolate in double boiler. Add sugar, mix well; add well-beaten eggs, then salt and flour sifted together, then nutmeats. Pour into a greased, floured pan and bake 30 to 40 minutes in oven at 350 degrees.

FRUIT NUT STICKS

Beat 3 egg yolks with a cupful of light brown sugar. Mix in lightly, 1 cup flour, 1 teaspoon baking powder, ½ cup chopped dates, ½ cup chopped candied pineapple, ⅓ cup nuts, ¼ teaspoon salt and 3 egg whites, beaten. Pour into a greased shallow pan. Bake 2 minutes in a moderately slow oven. Cut in sticks while warm and sprinkle with confectioner's sugar.

JAM SURPRISES

½ cup shortening
1 cup sugar
1 egg, beaten
¼ cup milk
3 cups cake flour
¼ teaspoon salt
2 teaspoons baking powder
1 teaspoon grated lemon or orange rind
1 cup jam

Cream shortening. Add sugar gradually, creaming thoroughly. Add milk and grated rind to beaten egg. Mix and sift the dry ingredients and add alternately with the milk and egg to the creamed butter and sugar. Chill. Roll about ⅛ inch thick and cut in two-inch squares. In the center of half of the squares place a teaspoon of strawberry or other thick jam. Cover with the other square and press the edges together. Bake in moderate oven (375 degrees) about 15 min. Makes about 3½ dozen cookies.

MARGUERITES

1¾ cups sugar
½ cup water
2 egg whites, beaten
1 teapsoon vanilla
1 cup nuts, chopped
1 tablespoon butter
⅛ teaspoon salt
Soda crackers or other salty wafers

Boil the sugar and water to the soft ball stage, then pour over the beaten egg whites and beat until stiff. Add vanilla, nuts, salt and butter. Drop by spoonfuls on the crackers and bake in a moderate oven until light brown.

MOLASSES BROWNIES

1⅓ cups sweetened condensed milk
Dash of salt
¼ cup molasses
2 cups graham cracker crumbs
1 cup chopped nut meats
½ teaspoon vanilla

Mix sweetened condensed milk, salt, molasses, graham cracker crumbs, nut meats and vanilla. Blend thoroughly. Spread mixture in 8 x 12 inch pan greased and lined with waxed paper. Garnish as desired. Bake in 350 degree oven 15 minutes or until set. Turn from pan and remove paper at once. Cool, cut into squares. Makes about 24 brownies.

MINCEMEAT GOODIES

1 cup butter
2 cups sugar
3 eggs, well beaten
1 cup mincemeat
About 3 cups cake flour
1 teapsoon soda
⅛ teaspoon ginger
1 teaspoon cloves
1 teaspoon nutmeg
½ teaspoon salt
½ cup nuts, chopped

Cream butter and sugar together until light. Add the well beaten eggs and enough flour to prevent the mixture from curdling. Add the mincemeat, the dry ingredients which have been sifted together, and the nuts. The amount of flour needed varies with the amount of liquid in the mincemeat. The cookie mixture should be almost stiff enough to roll. Drop at least two inches apart to let them spread. Bake in 375 degree oven. Makes about 4 dozen cookies.

OATMEAL COOKIES

Cream ½ cup shortening with ½ cup sugar—use part or all brown sugar, if you like. Add 1 well-beaten egg and cream until fluffy. Sift 1 cup flour with ¼ teaspoon baking soda and ½ teaspoon baking powder ¼ teaspoon salt, ½ teaspoon cinnamon, ¼ teaspoon nutmeg and a pinch of cloves. Mix with 1 cup quick-cooking oatmeal. Add alternately to creamed mixture with 6 tablespoons milk. Stir in ½ cup raisins. Drop by spoonfuls on greased cookie sheet and bake in moderate hot oven 375 degrees, 10-12 min.

OATMEAL WAFERS

⅔ cup fat
1½ cups brown sugar
⅔ cup chopped raisins
½ cup cocoanut
2 teaspoons cinnamon
1 teaspoon cloves
¼ teaspoon salt
1 teaspoon vanilla
⅓ cup sour cream
2 eggs or 4 yolks
1 cup rolled oats (uncooked)
3 cups flour
1 teaspoon soda
½ teaspoon baking powder

Cream fat and sugar. Add rest of the ingredients, mixing lightly. Drop portions of dough from tip of spoon onto greased baking sheets. (Space two inches apart). Flatten tops of cookies and let bake for 10 minutes in a moderate oven.

OATMEAL CRISPS

2 cups quick oatmeal
¼ cup butter
1 cup brown sugar
½ cup Crisco
1 well-beaten egg
½ teaspoon soda
¼ teaspoon salt
1 cup chopped nuts

Melt fat and sugar slowly; stir in other ingredients. Drop far apart on cookie sheet. Bake at 375 degrees for 7 minutes. Makes 4 dozen.

OLD FASHIONED TEACAKES

1 cup butter
1 cup sugar
3 cups flour
2 teaspoons baking powder
1 teaspoon mace
2 eggs
1 tablespoon cream
1 teaspoon vanilla
Pinch of salt

Cream butter and sugar until creamy; add flour which has been sifted with baking powder and salt and mace. Add eggs which have been beaten with the cream; add vanilla. Roll out on floured board ⅛ inch thick. Cut out—sprinkle with sugar. Bake in quick oven about 12 minutes. Do not allow to brown. Place pan of water beneath cakes to prevent browning too fast.

OLD FASHIONED SUGAR COOKIES

1 cup shortening
1 cup sugar
1 cup sour cream
2 eggs, beaten
1 teaspoon vanilla
5 cups cake flour
1 teaspoon soda
2 teaspoons baking powder
½ teaspoon salt

Cream shortening and sugar. Add eggs and vanilla to sour cream. Sift together the flour, baking powder, salt and soda and add alternately with the liquid to the shortening and sugar mixture. Chill. Roll on cloth covered board about ¼ inch thick. Sprinkle with sugar and press in lightly with the rolling pin. Cut with large cutter and bake in a moderately hot oven (375° F.)

PEANUT COOKIES

½ cup fat
⅔ cup peanut butter
1 cup dark brown sugar
1 cup granulated sugar
2 eggs
¼ cup cream
1 teaspoon vanilla
½ teaspoon salt
4 cups flour
1 teaspoon baking powder
1 teaspoon soda

Cream together the fat and peanut butter. Mix in the sugars; add the eggs, cream, vanilla, salt, flour, baking powder and soda. Drop portions of the dough onto greased baking sheets. Sprinkle the cookies with chopped roasted peanuts and bake 10 minutes in a moderate oven.

PECAN BARS

⅔ cup sifted flour
1 teaspoon baking powder
⅛ teaspoon salt
¼ cup butter
¾ cup firmly-packed brown sugar
1 egg
1 teaspoon vanilla
½ cup chopped pecans

Sift together the flour, baking powder and salt. Cream butter and brown sugar; beat in egg thoroughly with vanilla. Stir in sifted dry ingredients and pecans. Spread evenly in buttered baking pan (6 x 9 inches). Bake in 350 degree oven 25 to 30 minutes. Do not overbake. Place pan on wire rack to cool; when still warm cut into bars and remove with spatula. When entirely cooled, store in tightly covered container.

PECAN STICKS

¼ cup butter
1 cup brown sugar
1 egg
1 teaspoon vanilla
1 cup cake flour
¼ teaspoon salt
1 teaspoon baking powder
½ cup pecans, chopped

Blend sugar, butter and egg and beat well. Add vanilla and the dry ingredients which have been sifted together. Mix well and add the pecans. Spread in an 8 x 8 inch pan which has been buttered and lined on the bottom with waxed paper. Bake in a moderate oven (350 degrees) until firm and light brown and the cookies have pulled away slightly from the sides of the pan. Let cool for 5 min. and cut into bars.

PINWHEELS

½ cup butter
½ cup sugar
1 egg yolk
3 tablespoons milk
½ teaspoon vanilla
1½ cups cake flour
½ teaspoon salt
½ teaspoon baking powder
1 cup ground nuts
1 ounce chocolate, melted

Cream butter and sugar together. Add egg yolk and beat. Add vanilla and milk. Sift flour, salt and baking powder together and add with the nuts. Divide dough and to one part add the melted chocolate. Chill at least an hour. Roll out both parts quickly and lightly about ⅛ of an inch thick and place the chocolate dough on top of the white. Press together with a rolling pin. Roll up as for jelly roll, wrap in oiled paper and place in refrigerator for at least an hour or until very firm. Slice the cookies about ⅛ of an inch thick with a thin, sharp knife. Bake in a moderately hot oven (375° F.)

PLANTATION FRUIT BARS

¼ cup shortening
½ cup sugar
1 egg
½ cup molasses
2 cups sifted flour
¼ teaspoon salt
¼ teaspoon soda
1½ teaspoons baking powder
½ cup milk
1 cup chopped nuts
1 cup cut-up raisins or dates

Thoroughly cream the shortening and sugar; beat in egg and molasses. Sift together the flour, salt, soda and baking powder. Stir into creamed mixture alternately with the milk. Stir in nuts and raisins or dates. Spread in a greased shallow baking pan. Bake 25 to 30 minutes in a 350 degree oven. When cool, ice, if desired; cut into bars 1" x 2". Makes 46 bars.

PRALINE COOKIES

⅔ cup butter or margarine
1 cup light brown sugar
½ cup syrup or Brer Rabbit molasses
2 eggs
1¾ cups flour
½ teaspoon vanilla
½ teaspoon baking soda
¼ teaspoon mace
¼ teaspoon salt
1½ to 2 cups broken nutmeats

Slowly melt butter or margarine; cool. Add sugar and molasses; mix well. Add eggs and vanilla, beat well. Sift flour, soda, mace and salt; add to first mixture, beat well. Finally add nuts. Mix thoroughly. Drop by teaspoonfuls on greased and floured baking sheets, (2 inches apart). Bake in 375 degree oven 8 to 10 minutes. Remove from pan immediately. Makes about 8 dozen.

PRUNE-FILLED SQUARES

For the prune filling:

1¾ cups cooked prunes, well-drained
3 tablespoons sugar
Dash of salt
2 table spoons lemon juice
1 teaspoon orange rind, grated
2 tablespoons liquid from prunes

For the crumb layer:

1¼ cups enriched flour
½ teaspoon cinnamon
½ teaspoon salt
¾ cup brown sugar
1 cup rolled oats, quick-cooking
½ cup shortening
2 tablespoons milk

First make filling: Pit prunes, cut in small pieces, measure (should now be reduced to 1½ cups); combine with sugar, salt, lemon juice, orange rind and liquid from prunes in 1-quart saucepan. Cook over low heat, stirring occa-

sionally, till thickened, about 8 minutes. Cool to room temperature. Now start your oven, thoroughly grease 8-inch square pan.

For crumb layer: Sift flour, measure; add cinnamon, salt; sift into large bowl. Stir in brown sugar and rolled oats. Using blending fork or 2 knives, cut in shortening until mixture resembles coarse meal. Spread half of crumb mixture over bottom of baking pan; press down firmly with large spoon. Cover with the prune filling, spreading it evenly to edges and into corners. Sprinkle remaining crumb mixture over filling. Press down crumbs to make smooth top. Dip spatula in the milk and spread lightly over top of crumb layer. Bake on the middle shelf of hot oven until top is browned. Cool in pan on cake rack; cut in 25 squares. Store in tightly covered container or wrap in waxed paper. They will keep very well.

RANCH COOKIES

½ cup brown sugar
½ cup black molasses
4 eggs
3 cups rolled oats
3 cups flour
½ cup shortening
½ cup butter
½ cup cream
2 teaspoons vanilla
¾ teaspoon salt
1 cup chopped raisins
2 teaspoons soda
1 cup chopped pecans
2 tablespoons vinegar

Mix as cake, adding flour until very stiff. Drop on greased pan from spoon. Bake in moderate oven. If they run add more flour.

ROCKS

½ cup butter
3 eggs
3 cups flour
1½ cups sugar
1 teaspoon soda
2 tablespoons hot water
1 lb. chopped dates
1½ lbs. chopped pecans
1⅓ lbs. English walnuts, chopped
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon allspice

Cream butter and sugar; dissolve soda in hot water. Add the beaten eggs, spices, chopped dates and nuts to the creamed mixture, then add the flour. (The nuts should be chopped in several pieces). Work the dough very thoroughly with the hands and drop by teaspoonfuls on a greased cookie sheet. Bake in oven 350° F. for 12 to 15 minutes. If stored in a closed container will keep for some time.

ROSETTES

Salad oil or shortening
2 eggs, unbeaten
1 tablespoon sugar
⅛ teaspoon salt
1 cup milk
1 cup sifted all-purpose flour
1 teaspoon vanilla extract
Confectioner's sugar or whipped cream and sliced, fresh strawberries

1. The same day, or several days ahead, if desired: In deep saucepan or automatic deep-fat fryer, put enough salad oil or fat to come 2" to 3" up side of pan; heat to 365° F. on deep-fat frying thermometer.
2. Meanwhile, in medium bowl, with fork, slightly beat eggs with 1 tablespoon sugar and salt. Add milk, flour, and vanilla; with egg beater, beat just until smooth.
3. In hot oil, heat rosette iron* for 3 min. Then, at once, dip it into batter only to within ¼" of top of iron, and hold it there a few seconds; lift out of batter; then dip again. (Be sure not to dip entire iron into batter or rosette will be difficult to remove when done.)
4. Immediately lower iron into hot oil, immersing it completely. Fry about 1 min., or until delicate brown.
5. Then lift iron out of oil; with four-tined fork, carefully loosen rosette; remove; drain on paper toweling.
6. Immediately dip iron in batter again, and fry as above. Repeat until all batter is used.
7. Rosettes may be stored in tightly covered containers. Just before serving, sprinkle with confectioner's sugar. Serve as cookies, or top with sweetened whipped cream and strawberries, for dessert. Makes about 2½ dozen.

* Rosette irons can be purchased from any good housewares department store.

RUM BALLS

3 cups vanilla wafers, crushed
1 cup chopped pecans
¾ cup chopped dates
2 tablespoons cocoa
3½ tablespoons Karo syrup
8 tablespoons rum

Put vanilla wafers through meat grinder. Add the cocoa, then other ingredients. Make into small balls, let stand 15 minutes. Roll in powdered sugar; put on cookie sheets and let stand several hours. Store in tin containers until ready to use. Will keep well for some time.

SAND TARTS

1 lb. butter
2 lbs. brown sugar
3 eggs
2 lbs. flour

Cream butter and sugar; then add eggs and mix thoroughly. Add flour gradually. Roll the dough very thin. Brush tops with whites of egg which has been beaten and a little water added. Sprinkle with granulated sugar or colored sugars and a dust of cinnamon. Press a half nut in center of each. Bake in slow oven, about 350° F. Makes about 300 cookies.

SCANDINAVIAN COCONUT COOKIES

2 eggs, slightly beaten
1 cup granulated sugar
2 cups flaked coconut
¼ cup sifted all-purpose flour
½ teaspoon almond extract

1. The same day: Start heating oven to 300° F. Grease and flour several cookie sheets.
2. To eggs in medium bowl, add sugar all at once; with egg beater, beat until smooth. Then with wooden spoon, stir in coconut, flour and almond extract; mix until well blended.
3. Onto cookie sheets, drop rounded teaspoonfuls of dough, about 2" apart. Bake 12 to 15 min., or until edges are golden brown. Immediately remove from cookie sheets. Cool on wire rack.
4. These cookies don't store too well, so it is best to make and enjoy them the same day. Makes about 3 dozen.

SPRITZ COOKIES

(Holland)

1 cup butter
¾ cup sugar
1 egg or 3 yolks, beaten
2½ cups cake flour
¼ teaspoon salt
½ teaspoon baking powder
1 teaspoon almond extract

Work butter until soft and cream with the sugar until light. Add beaten egg and almond flavoring and beat smooth. Add the flour sifted with the salt and baking powder. The dough may be rolled and cut with fancy cutters or molded in a cookie press. Fill the press and force onto ungreased cookie sheet. Bake in a hot oven until delicately browned.

STIR-N-DROP COOKIES

2 eggs
⅔ cup Wesson oil
2 teaspoons vanilla
1 teaspoon grated lemon rind
¾ cup sugar
2 cups sifted all-purpose flour
2 teaspoons baking powder
½ teaspoon salt

Heat oven to 400° F. Beat eggs with fork. Stir in Wesson oil, vanilla, lemon rind. Blend in sugar. Sift together flour, baking powder, salt; add to egg mixture. Drop by teaspoonfuls about 2 inches apart on ungreased cookie sheet. Stamp each cookie flat with bottom of glass dipped in sugar (lightly oil glass, then dip in sugar . . . continue dipping in sugar). Decorate with nuts or chocolate bits. Bake 8 to 10 minutes. Remove immediately from sheet. Makes 36 cookies.

SUGAR CRISPS

½ cup shortening
¾ cup sugar
1 egg, beaten
⅔ cup molasses
½ teaspoon vanilla
2½ cups flour
1 teaspoon baking powder
2 teaspoons cinnamon
½ teaspoon soda
½ teaspoon salt

Cream shortening with sugar. Add beaten egg, molasses and vanilla. Sift dry ingredients together and add. Chill. Roll ⅛ inch thick and bake in a moderate oven. These cookies are especially good when made with sorghum molasses. The tops may be moistened with water and sprinkled with sugar before baking. Makes about 4 dozen cookies 2 inches in diometer.

SWEDISH GINGERSNAPS

½ cup maple syrup
½ cup butter or margarine
⅓ cup brown sugar
1 teaspoon ground ginger
1 teaspoon cinnamon
1 teaspoon ground cloves
1 teaspoon grated lemon rind
1 tablespoon dark rum
1 teaspoon baking soda
2½ cups sifted all-purpose flour

1. The day before, or several weeks ahead, if desired: In saucepan combine maple syrup, butter and brown sugar; boil until butter and sugar are melted. Stir in ginger, cinnamon, cloves, lemon rind, rum and baking soda. Remove from heat; in large bowl, cool until lukewarm.
2. When mitxure is lukewarm, gradually stir in flour. Wrap dough in waxed paper; refrigerate until easy to handle. Then start heating oven to 350° F.
3. Remove small portion of dough from refrigerator; on a lightly floured surface, roll it out paper thin. Cut into desired shapes; place on greased cookie sheets. Bake 5 to 8 minutes, or until done.
4. These may be stored for several weeks in a tightly covered container. Makes about 8 dozen cookies.

SUGAR SQUARES

½ cup butter
1 cup granulated sugar
3 eggs
2 tablespoons lemon juice
½ cup shredded almonds
½ teaspoon grated lemon rind
½ teaspoon grated orange rind
¼ teaspoon salt
3 cups flour
2 teaspoons baking powder

Cream butter and sugar; add eggs, lemon juice, shredded almonds, grated rind of lemon and orange, salt, flour and baking powder. Roll dough very thin. Cut into 1½ inch squares and carefully transfer to greased baking sheets. Sprinkle with granulated sugar mixed with a little cinnamon and placed in a shaker. Bake 7 min.

WALNUT BROWNIES

1 ounce chocolate
¼ cup butter
1 cup sugar
2 eggs
¼ cup milk
1 teaspoon vanilla
1 cup cake flour
⅛ teaspoon salt
¼ teaspoon cinnamon
1 cup walnuts, chopped fine

Melt chocolate and pour over butter and mix till soft. Beat eggs till thick and lemon colored. Add sugar a little at a time to the eggs and beat well with each addition. Combine egg and sugar mixture with the chocolate and butter mixture and add the vanilla, milk, and then the flour, which has been sifted with the cinnamon and salt. Add the chopped walnuts. Pour into a square pan, which has been buttered and lined on the bottom with waxed paper. Bake in a 350 degree oven. Cool slightly, cut in squares and remove to a cooling rack.

WALNUT MOLASSES STRIPS

½ cup shortening
½ cup brown sugar
½ cup baking molasses
¼ cup boiling water
3 cups flour
1 teaspoon salt
1 teaspoon soda
1 teaspoon ginger
¼ teaspoon nutmeg
⅛ teaspoon cloves
½ cup chopped walnuts

Cream shortening with sugar. Add the boiling water to the molasses and add alternately with the sifted dry ingredients to the creamed mixture. Chill and roll. Cut into strips. Sprinkle with finely chopped walnuts and bake in a moderate oven (350° F.)

PASTRIES

BALLOONS

1 cup water
⅛ tsp. salt
1 tsp. lard
1 cup flour
3 eggs

Let water and lard come to a boil, then put in the flour, let cook about one minute. Take off the fire and add one egg at the time, beating well and when the eggs are all added have a saucepan about half-full of fat and almost smoking hot. Drop a heaping teaspoonful of the mixture in the saucepan. It will cook done in two or three minutes. Never try to cook more than **two** at a time.

Very attractive to serve salads, fruits or cream chicken in. Simply pinch in one side to make room for the filling.

CHEESE BISCUIT

¼ lb. butter
¼ lb. grated cheese
¼ lb. plain flour
½ tsp. cayenne pepper

Mix cheese, butter, pepper and flour. Roll ¼ in. thick and bake in oven 375°. Shake in powdered sugar. Will keep indefinitely!

CHOCOLATE ECLAIRS

½ cup boiling water
¼ cup butter or margarine
⅛ tsp. salt
½ cup sifted all-purpose flour
2 eggs, unbeaten

1. Start heating oven to 375° F. Bring water, butter, and salt to a boil. Add flour, all at once. Then, over low heat, beat with spoon until mixture leaves sides of pan and forms compact ball.
2. Remove from heat; continue beating to cool mixture slightly.
3. Add eggs, one at a time, beating well after each addition.
4. Onto ungreased baking sheet, drop dough by rounded tablespoonfuls,

about 6" apart, in rows 2" apart. Shape each ball of dough into 4" x 1" rectangle.

5. Bake eclairs about 45 min., or until golden and puffed. Remove from oven; immediately cut small slit in side of each; return to oven for 10 min. longer. Then remove and cool on cakerack.

6. Split eclairs almost all the way around; then fill with your favorite chocolate filling.

** If filled eclairs are not served at once, be sure to refrigerate them until served.

CREAM PUFFS

1 cup boiling water
½ cup salad oil
½ teaspoon salt
1 cup sifted flour
4 eggs

Bring water to a boil in saucepan. Add salad oil and salt. Add flour all at once and beat rapidly, over low heat, until mixture leaves sides of pan and forms a smooth compact ball. Remove from heat, add unbeaten eggs one at a time. Beat hard after each egg is added, until mixture is shiny and smooth. After last egg is added, mixture should be thick.

Drop by tablespoonfuls on greased baking sheet about 2" apart. Bake in hot oven, 450 degrees, 15 to 20 minutes, then reduce heat to moderate, 350 degrees, and continue baking 20 to 25 minutes longer Cool and fill as desired.

DANISH PASTRY

1 pkg. active dry yeast
¼ cup warm water
⅓ cup granulated sugar
1 teaspoon salt
¼ cup shortening
1 cup scalded milk
2 eggs
¼ tsp. vanilla extract
¼ tsp. lemon extract
¼ tsp. mace
3½ to 4 cups sifted all-purpose flour
1 cup soft shortening
1 egg, beaten
⅓ cup chopped walnuts

1. Sprinkle or crumble yeast onto warm water; stir until dissolved. In large bowl, place sugar, salt, ¼ cup shortening, milk; stir until blended; cool till lukewarm. Then, with egg beater, beat in 2 eggs.

2. To egg mixture, add yeast, extracts, mace, 3 cups flour; stir till smooth; then stir in enough additional flour to make soft easy-to-handle dough.

Cover with clean towel; let rise in warm place (about 85° F.) until doubled in bulk.

3. On lightly floured board, roll dough into 1/3" thick square. Dot with 1/2 cup soft shortening; fold dough and seal edges. Dot with rest of soft shortening; fold dough; seal edges as before.
4. Now roll and fold dough into 1/3" thick square; fold in half lengthwise, then crosswise. Repeat folding and rolling 3 more times. Place dough in greased bowl; cover with towel; let stand 20 minutes.
5. On lightly floured surface, roll dough 1/3" thick. Shape into pastries (rings, coils, figure eights, etc.) Place on cookie sheet. Cover with towel; let rise in warm place until half doubled in size. If desired, brush with 1 beaten egg; sprinkle with nuts. Bake at 475° F. 8 to 10 minutes or until done. Makes 24 pastries.

FLAKY PASTRY

2 1/4 cups sifted all-purpose flour
3/4 teaspoon salt
3/4 cup shortening
5 1/2 tablspoons cold water

Sift two cups of the flour and the salt into medium mixing bowl. Cut shortening into the 2 cups flour with pastry blender or 2 knives, until particles are the size of peas. Mix water and remaining 1/4 cup flour to a smooth paste. Add this paste to the flour-shortening mixture, while mixing with fork, until blended and particles stick together when gently pressed. Form pastry into a ball; then roll out, or if preferred chill before using. Makes 1 8" or 9" two-crust pie; or 2 single crust 8" or 9" pies.

HOT WATER PASTRY

1/2 cup shortening
1/4 cup boiling water
1 1/2 cups flour
1/2 teaspoon salt
1/2 teaspoon baking powder

Pour boiling water over shortening, beat until creamy; cool slightly. Sift flour, salt and baking powder together over the shortening, mix to a soft dough, using a fork. Cover with waxed paper or a plate and chill thoroughly. Roll and shape as for plain pastry. Prick well. Bake in 450° oven 10 to 15 min. Makes 2 crusts.

MERINGUE PIE SHELLS

Beat the whites of 3 eggs until frothy; add 1/4 teaspoon salt, 1 teaspoon lemon juice. Beat until stiff. Beat in 3/4 cup of sugar, adding about 2 tablespoonfuls at the time, then beat until satiny smooth. Spread meringue over 9 inch pie pan, which has been greased. For fancy edge risens put 1/2 cup meringue through decorating tube. Bake in slow even 275° F. for 50 or 60 minutes.

PATE A CHOU
(Pronounced Paht Ah Shoo)

Melt ½ cup butter or other shortening in 1 cup boiling water in saucepan. Add 1 cup sifted enriched flour and ½ teaspoon salt all at once. Cook over medium heat, stirring constantly, until mixture leaves sides of pan and is smooth and compact, about 2 min. Remove from heat, cool about 1 min. Blend in 4 eggs, one at a time, beating vigorously after each addition, until smooth and glossy. Drop onto greased baking sheets as directed below, depending on shape and size desired. Bake in hot oven 425° F. until golden brown for times listed below.

Cream Puffs: Drop dough by rounded tbsps. Bake 20 to 25 min. Makes 16 to 18.

Eclairs: Drop dough by rounded tbsps. Carefully spread each ball of dough with spoon into 4 x 1 in. rectangle, rounding sides and piling dough on top. Bake 20 to 25 min. Makes 16 to 18.

Profiteroles: Drop dough by teaspoonfuls. Bake for 18 to 20 min. Makes about 4 dozen.

Do not underbake. Turn off oven. Prick puffs with sharp knife for escape of steam; leave puffs in oven for 10 minutes to dry out centers.

PIES

APPLE-MERINGUE PIE

1 unbaked 10" pie shell
½ cup granulated sugar
1½ tbsps. flour
¾ tsp. nutmeg
¾ tsp. cinnamon
1 tbsp. grated lemon rind
10 cups cored, pared, thinly sliced apples
¼ cup lemon juice
3 tbsp. butter or margarine
5 egg whites
⅔ cup granulated sugar

Start heating oven to 425° F. In small bowl, combine ½ cup sugar, flour, nutmeg, cinnamon and lemon rind. Sprinkle bottom of pie shell with 3 tbsp. sugar mixture; top with layer of apple slices. Alternate layers of apple slices and rest of sugar mixture, ending with sugar mixture; sprinkle with lemon juice; dot top with butter. Bake about 40 min. or until apples are tender. Cool.

Beat egg whites just until soft peaks form; add ⅔ cup sugar, 1 tbsp. at a time, beating well after each addition. With back of spoon, swirl meringue on pie in circle that comes to peak in center. Bake in 350° oven 20 min. or till light brown. Cool. Serve pie only slightly warm.

APPLE RAISIN CRISSCROSS

Pastry for 2 crust 9" pie
½ cup light or dark raisins
½ cup coarsely chopped walnuts
⅔ cup granulated sugar
1 tbsp. flour
½ tsp. cinnamon
Pinch of salt
4 cups cored, pared, thinly sliced apples
2 tbsp. lemon juice
1 tbsp. butter or margarine

1. Start heating oven to 425° F. Roll out half of pastry to circle 1½ in. larger than inverted 9" pie plate; use to line pie plate. Roll out other half of pastry into about 12" by 6" rectangle; cut into 10 strips, each ½" wide.
2. In a small bowl, mix raisins and walnuts. In another, combine sugar, flour, cinnamon and salt.
3. In pastry lined pie plate, arrange half of apples; sprinkle with half of raisin-walnut mixture, then half of sugar mixture. Repeat. Sprinkle apples with lemon juice; dot with 1 tbsp. butter.
4. With twisted pastry strips, make lattice top; finish with fluted edge. Brush strips with melted butter.
5. Bake 30 to 35 min. or until apples are tender and crust nicely browned.

BROWN DERBY BLACK BOTTOM PIE

1. Mix 1 envelope unflavored gelatine, ¾ cup sugar, and pinch of salt together thoroughly in top of double boiler.
2. Beat together 1 egg yolk and ¾ cup milk; add to gelatine mixture. Add 3 squares unsweetened chocolate. Cook over boiling water until chocolate is melted. Remove from heat and beat until smooth. Chill until thickened.
3. Whip 1 cup cold evaporated milk and fold into gelatine mixture with 1 tsp. vanilla.
4. Turn into 9" baked pie shell or crumb crust and chill until firm.
5. Spread with 1 cup heavy cream whipped and sweetened, and top with 1 square unsweetened chocolate shaved into long curls with vegetable slicer.

CHERRY COBBLER

1 No. 2 can sour red cherries
½ cup sugar
1 tablespoon cornstarch
¼ teaspoon salt
1 tablespoon lemon juice
1 tablespoon butter or margarine

For the biscuit top:

1¼ cups all-purpose flour
½ tablespoons sugar
½ teaspoon salt
1½ teaspoons baking powder
4 tablespoons shortening
⅓ cup milk

1. Drain juice from cherries and measure; if necessary add water to make 1 cup. Combine the sugar, cornstarch and salt in a 1 qt. saucepan; stir in cherry juice.
2. Bring to boil over medium heat; stir and boil 1 min. remove from heat; stir in lemon juice and butter. Place cherries in greased casserole; pour in cooked cherry juice.
3. Sift flour, measure; add sugar, salt and baking powder; sift into bowl. Cut shortening into flour with blending fork until mixture looks like coarse meal.
4. Add milk, mix quickly with fork until all the flour is moistened. Turn dough out on floured board; knead lightly about ½ min. until outside looks smooth.
5. Pat out dough lightly and evenly with floured finger tips to fit casserole. Lay dough over cherries. Bake in 400° oven for 20 to 25 min. Serve warm.

CRANBERRY-CHEESE PIE

Whip 2½ eight-ounce pkgs. (20 oz.) cream cheese until fluffy. Combine 1 cup sugar, 1½ tablespoons flour, ¼ teaspoon grated lemon rind, ¼ teaspoon grated orange rind, and ⅛ teaspoon salt. Add to the cream cheese and beat until mixed. Add 3 eggs and 1 egg white, one at a time, beating well after each addition. Finally add 2 tablespoons evaporated or homogenized milk and ½ teaspoon vanilla, beating again until well blended. Pour into a slightly unbaked 9" pie shell. Bake 7 min in a very hot oven (450°). Reduce to 200° F. and bake 15 min. more. Cool. Prepare a topping by combining in a saucepan a 1 lb. can whole cranberry sauce, 2 tablespoons sugar and 1 tablespoon cornstarch. Cook over low heat until thick and clear. Blend in 1 teaspoon lemon juice and 1 teaspoon grated lemon rind. Cool; and spread over the cooled cheese filling.

CREOLE MOLASSES PIE

2¼ cups scalded milk
2 tablespoons flour
¼ teaspoon cinnamon
¼ teaspoon nutmeg
Few grains salt
½ cup sugar
¾ cup molasses
2 tablespoons melted butter
2 beaten eggs
1 cup chopped pecans

Combine scalded milk, cinnamon, nutmeg, salt, sugar, melted butter, molasses, and beaten eggs. Add flour moistened to smooth paste and beat well. Add nuts. Pour into pie pan lined with crust, and bake in hot even 10 minutes. Reduce heat and bake 20 min. longer. Cover with meringue, if desired.

DREAM PIE

3 egg yolks
¼ cup sugar
1 tbsp. cornstarch
¼ cup orange juice
Juice of 2 lemons
2 tbsp. grated orange rind
2 tbsp. grated lemon rind

Beat egg yolks until cream colored. Combine sugar and cornstarch, stir in orange juice and add to egg yolks. Cook over boiling water until thick. Stir in lemon juice, lemon rind, and orange rind. When mixture is cooled, put into meringue shell. Chill for several hours before serving.

EGGNOG CHIFFON PIE

⅔ cup light cream, or milk
3 eggs, separated
½ cup sugar
Dash of salt
⅛ tsp. nutmeg
1 envelope unflavored gelatin
2 tablespoons cold water
1 to 2 tablespoons rum
1 teaspoon vanilla
½ cup heavy cream, whipped

1. Scald milk or cream in top of double boiler.
2. Mix egg yolks, half of the sugar, salt and nutmeg, and add, while stirring, to the scalded milk.
3. Return to double boiler and cook, stirring constantly, till mixture coats a spoon.
4. Soften gelatin in water, add to custard and stir till dissolved. Strain mixture.
5. Add rum and vanilla, cool and then chill in refrigerator till mixture is just beginning to set.
6. Beat egg whites till stiff, add remaining sugar and beat till stiff. Fold into gelatin mixture.
7. Fold in whipped cream.
8. Pour into baked pastry shell and chill till firm. Sprinkle nutmeg on top, or garnish with whipped cream and then sprinkle with nutmeg. Makes enough for one 8" pie.

FROSTED DAIQUIRI PIE

Baked 9" pie shell
1 env. unflavored gelatine
⅔ cup granulated sugar
½ tsp. salt
3 egg yolks
¼ cup cold water
½ cup fresh or canned lime juice
1 tsp. grated lime or lemon rind
Green food color
⅓ cup light rum
3 egg whites
⅓ cup granulated sugar
Whipped cream

1. In double boiler top, combine gelatine with ⅔ sup sugar and salt; add egg yolks, water, lime juice; with beater beat until blended; cook over boiling water, stirring, until mixture coats a spoon. Remove from heat; add rind; then tint pale green with food color.
2. Cool mixture; stir in rum. Refrigerate until slightly thicker than unbeaten egg white. In large bowl, beat egg whites until they form moist peaks; then add ⅓ cup sugar, 1 tbsp. at a time, beating until stiff. Fold in gelatine mixture.
3. Turn mixture into pie shell; refrigerate several hours. Top with whipped cream, sweetened if desired.

LEMON TARTS

2 eggs
1 cup sugar
Butter size of a large egg
Pinch salt
Juice and grated rind of 1 lemon

Beat eggs together slightly; add sugar, salt, lemon juice and rind; also butter. Mix well. Too much beating will cause the custard to puff up over pastry and then fall. Leave the pastry edge looking sticky. Makes 1 regular pie or 10 tarts.

HUCKLEBERRY DUMPLINGS

1 qt. huckleberries or blueberries*
1 cup sugar
½ cup hot water
Dash salt
2 cups sifted all-purpose flour
4½ teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
1 cup milk (about)

Wash berries and mix with sugar, hot water and salt. Cook in a large skillet to boiling point, reduce heat and cook slowly for about 5 minutes, or until berries are tender.

While berries cook, sift flour, baking powder, sugar, salt in a bowl. Now use a fork and stir in enough of the milk to make a light dough. Drop heaping teaspoonfuls of this dumpling dough on top of the simmering berries. Cover tightly and cook over a low heat for 13 to 15 minutes. Don't remove the lid during the cooking period.

Serve dumplings immediately with berry sauce and rich cream on top. (Serves 6.)

*Or use 2 cans (14½ oz. size) blueberries, a pinch of salt and ½ cup water cooked together to the boiling point. Then proceed as with fresh berries.

LEMON PIE

1 can condensed milk
¼ cup lemon juice
3 egg yolks
3 whites of eggs for meringue

Put lemon juice and condensed milk, egg yolks, grated rind of 1 lemon into bowl. Mix well and put in baked pie shell. Add meringue and bake in oven until brown.

LOLAS COCOANUT PIE

3 eggs, separated
1 cup sugar
2 teaspoons cream
1 teaspoon cornstarch
Butter size of an egg
Pinch of salt
1 cup grated cocoanut

Cream the butter and sugar; add the egg yolks and cream, salt and cornstarch, then the cocoanut. After the pastry shells have cooked partially done, put in the filling, return to oven and cook until done. Cover with meringue and brown.

MAPLE NUT PIE

1 tablespoon gelatine
¼ cup cold water
2 eggs
¾ cup maple syrup
¼ teaspoon salt
½ cup whipped cream
½ cup chopped pecans

Soak gelatine and water about five min. Cook egg yolks, slightly beaten, maple syrup, and salt until thick over water in double boiler. Add softened gelatine and stir well. When mixture cools fold in whipped cream and egg whites, beaten stiff. Add chopped nut meats. Pour into baked pie shell. Chill. Serve with a thin coating of whipped cream and sprinkle over a few finely chopped nut meats.

MINCE PIE

⅛ lb. citron (cut fine)
1 cup chopped apple
½ cup seeded raisins, chopped
½ cup currants
¼ cup butter
1 tablespoon molasses
1 tbsp. cider (boiled) or 1 tbsp. fruit juice
1 cup sugar
1 teaspoon cinnamon
½ teaspoon cloves
⅛ teaspoon mace
½ teaspoon nutmeg
1 teaspoon salt
Stock to moisten
2 tablespoons fruit jelly
1 cup chopped well done meat

Mix ingredients except meat and jelly, and simmer 1 hour. Add meat and jelly and cook 15 minutes.

Note: Bake mince pies with top and bottom crusts.

MOCHA ICE-CREAM PIE

Make a graham cracker crust sufficient for a 9" pie plate. Crush 20 single graham crackers till very fine (1¼ cups crumbs). Add ¼ cup melted butter and ¼ cup sugar and blend thoroughly. Put mixture into 9" pie plate and pat bottom and sides so that a firm crust is formed. Bake in moderate oven 8 min. Let 1 quart coffee ice cream stand at room temperature until it is soft enough to spread. Fill the pie shell half full and sprinkle generously with unsweetened shaved chocolate. Fill to the brim with ice cream and cover top with more shaved chocolate. Put it in freezer or freezing compartment of refrigerator and freeze until firm. About 15 minutes before serving time, take it out of freezer. Cut into pie-shaped wedges and serve.

PARTY CREAM-CHEESE PIE

3⅓ cups crushed graham cracker crumbs
⅔ cup soft butter or margarine
⅔ cup granulated sugar
6 egg whites
2 8-oz. pkgs. soft cream cheese
2 tablesp. butter or margarine
2 tablesp. cornstarch
⅔ cup granulated sugar
2 cups buttermilk
6 egg yolks, slightly beaten
2 teasp. vanilla extract

Start heating oven to 400° F. Mix crumbs with ⅔ cup butter and ⅔ cup sugar till blended. Reserve 1 cup crumbs. Turn rest into 13" x 9" x 2" baking pan; with back of spoon, press crumbs evenly into pan, making bottom slightly thicker than sides. Beat egg whites until stiff but not dry. With electric mixer (or with spoon), beat cream cheese with 2 tablesp. butter, cornstarch, and ⅔ cup sugar until light and fluffy. Add buttermilk, yolks, and vanilla; beat until smooth. Fold in beaten egg whites. Pour into prepared pan. Sprinkle reserved crumbs on top. Bake 25 min.; reduce heat to 325° F.; bake 15 min. longer, or until silver knife inserted in center comes out clean. Cool thoroughly. Refrigerate.

Cream-Cheese Pie: Make ½ recipe. Bake in 10" pie plate at 350° F. 30 min., or until silver knife inserted in center comes out clean.

PECAN PIE

1 cup pecans
½ cup sugar
¼ cup melted butter
⅛ teaspoon salt
1 teaspoon vanilla
3 eggs
1 cup dark brown syrup
3 tablespoons top milk

Beat the eggs; add sugar and syrup then the salt and vanilla, add last the melted butter (margarine may be used). Place the pecans in the bottom of an unbaked pie crust; add the filling and bake slowly in a moderate oven 50 to 60 minutes.

PINEAPPLE CHIFFON PIE

1 tablespoon plain gelatin
¼ cup cold water
3 eggs, separated
¾ cup granulated sugar
1 teaspoon grated lemon peel
3 tablespoons lemon juice
¼ teaspoon salt
½ cup heavy cream, whipped
1 baked pie shell

Add gelatin to cold water and allow to soak. Mix egg yolks, ¼ cup sugar, crushed pineapple, lemon peel and juice together in top of double boiler. Cook over hot water, stirring constantly, until smoothly thickened. Add softened gelatin and stir until dissolved. Cool until it begins to stiffen. Add salt to egg whites and beat until foamy. Add remaining ½ cup sugar and continue beating until stiff peaks form. Fold into cooled pineapple mixture. Heap into baked pie shell and chill until set. Before serving, spread with whipped cream. Decorate with pineapple wedges, if desired.

PUMPKIN CHIFFON PIE

1. Mix 1 envelope unflavored gelatin, ½ cup sugar, ½ tsp. salt, ½ tsp. cinnamon, ½ tsp. nutmeg, and ½ tsp. ginger together thoroughly in top of double boiler.
2. Beat together 3 egg yolks and ¾ cup milk; add to gelatin mixture. Add 1¼ cups canned pumpkin. Cook over boiling water, stirring contantly until gelatin is thoroughly dissolved and mixture thickens, about 10 minutes.
3. Remove from heat and chill until thickened.
4. Beat 3 egg whites until stiff; beat in ½ cup sugar. Fold into gelatin mixture.
5. Turn into 9-inch baked pie shell or crumb crust and chill until firm.
6. Serve with whipped cream, if desired.

PUMPKIN PIE

1 unbaked pie shell
2 cups cooked pumpkin
1½ teaspoons cinnamon
½ teaspoon cloves
½ teaspoon ginger
1 teaspoon salt
1 teaspoon vanilla
1 cup granulated sugar
2 tablespoons dark brown sugar
3 eggs, beaten
2 cups milk

Mix pumpkin, spices, salt, vanilla, sugars, eggs and milk. Carefully pour into the pie shell. Bake 10 minutes at 450 degrees, then 35 minutes at 325 degrees.

RAISIN PIE

2 cups seeded raisins
1 cup sugar
1¼ cups water
5 teaspoons cornstarch
2 tablespoons lemon juice
3 tablespoons butter or margarine

Cook the raisins in the water and sugar until they boil. Add the cornstarch mixed with a little water and cook for five minutes. Remove from the fire; stir in the lemon juice and butter. Pour the mixture into an uncooked pie crust. Cover with top crust and make a few holes in this crust so juice can bubble through. Bake in 400° oven for about 30 minutes. Let cool to room temperature before serving.

TYLER PIE

3 cups brown sugar
½ cup melted butter
1 cup milk, scalded
4 eggs
1 tablespoon flour
¾ teaspoon grated nutmeg

Mix flour and sugar. Cream sugar and egg yolks, add melted butter and hot milk. Beat egg whites stiff and fold into the sugar mixture. Add nutmeg. Pour into unbaked pie shell and bake 10 minutes at 450 degrees, reduce to 275 degrees and continue cooking until a knife inserted will come out clean. One cup chopped pecans may be added, if desired to the above ingredients.

SWEET POTATO PIE

Line a 9" pie plate with pastry. Bake 4 medium-sized sweet potatoes. When well done, scoop the potato from the skins into a mixing bowl. Mix with 1 cup brown sugar and ½ cup butter. Season with 1½ teaspoons nutmeg, ½ teaspoon cinnamon, ½ teaspoon ginger and ¼ teaspoon salt. Beat until smooth. Separate 3 eggs and beat the yolks slightly. Add yolks with 1 cup heavy cream to the potato mixture. Blend well. Fold in the 3 egg whites, beaten stiff, and pour into unbaked pie shell. Bake in moderate oven, 350 degrees, for about 1 hour or until the center is set when tested with a knife. If necessary to brown the crust, raise the temperature to a hot oven, 450 degrees, for about 5 minutes at the end of the baking time.

CASSEROLE AND CHEESE DISHES

ANCHOVY, EGGS IN TOMATO SAUCE

1 doz. eggs, hard boiled and cooled
1 can tomato paste
1 large can mushrooms
1tube anchovy paste
½ stick butter
1 teaspoon vinegar
Small pinch of sugar
2 cups milk
2 tablespoons flour

Cut eggs lengthwise, press egg yolks through sieve. Add anchovy paste, add vinegar (about 1 tbsp.) and sugar. Stuff egg whites with mixture, stick eggs back together. Put in casserole (only one layer), add mushrooms between eggs. Make cream sauce in double boiler. Melt butter, add flour and milk, cook until thick, stirring constantly, add tomato, pour over eggs. Run in oven 350° F. for about 20 min. Serves 6.

ASPARAGUS SUPREME

1 lg. can asparagus
1½ cups heavy cream sauce
½ cup grated American cheese
2 hard boiled eggs, cut in ½" slices
¼ lb. blanched almonds, split in halves

Cut asparagus spears in half, place in bottom of buttered casserole. Sprinkle over with half the egg slices and nuts, add other part of asparagus and other egg slices and nuts. Pour over them the cream sauce with cheese melted in it. Cover with more grated cheese and bake in moderate oven until cheese is slightly brown. Serve hot.

BACON AND EGGS SUPREME

½ lb. sliced bacon
1 tsp. chopped green pepper
1 tsp. chopped onion
Toasted English muffin halves
3 tbsps. flour
½ tsp. salt & pepper
2 cups sweet milk
4 hard cooked eggs, sliced

Place slices of bacon in cold skillet, do not over-crowd. Cook slowly, turn to cook evenly. Drain on absorbent paper. Pour off all but 2 tbsps. of drippings. Lightly brown onions and green pepper in the drippings. Blend in the flour, salt and pepper. Gradually add the milk. Stir and cook over low heat until the mixture is smooth and thick. Arrange one slice of egg on each muffin half, pour sauce over eggs; top with crisp bacon. Makes 6 servings.

BAKED OR SHIRRED EGGS

Do them in individual greased shallow muffin rings. Put a tablespoon of cream in each cup, break an egg in each, sprinkle with salt and pepper; add a drizzle of melted butter and bake in moderate oven until the eggs are set.

CHEESE BISCUIT

1 lb. grated sharp cheese
1 lb. all purpose flour
1 lb. butter or margarine
½ tsp. salt
½ tsp. sugar
Dash cayenne pepper

Cream butter or margarine with cheese until creamy and smooth, gradually work in flour. Roll out to ⅜ in. thickness, cut out with small biscuit cutter. Put small pinch of powdered sugar in center of each biscuit. Press one-half pecan in center of biscuit and bake at 400° F. 10 to 12 min.

CHEESE OMELET

1 cup grated cheese
1 cup sweet milk
1 cup cracker crumbs
2 eggs beaten separately

Combine ingredients, except egg whites. After mixing well place in well greased baking dish and put in moderate oven 350° F. 2 minutes. Remove and fold in egg whites which have been stiffly beaten. Return to baking dish, set back in oven and bake until set. This is excellent!

CHEESE SOUFFLE

4 tablespoons butter
3 tablespoons flour
2 cups hot milk
¼ teaspoon paprika
1 cup grated cheese
½ tsp. salt
6 egg yolks
6 egg whites

Melt butter, blend in flour, stir in milk slowly. Add cheese; when melted add egg yolks which have been well beaten, salt and paprika. Cook and stir until thick. Whip egg whites till stiff, fold lightly into cheese mixture; place in a buttered baking dish and bake in a moderate oven 325° F. until firm, about 30 min. Serves 6.

CHEESE STICKS

Use same recipe as for cheese biscuits, except press through a cookie press or pastry bag, or cut with regular cheese stick cutter. Delicious with salads, cocktails, coffee, etc.

CHICKEN AU VIM

2 3-lb. fryers, cut up
1 med. size can mushrooms
1 tbsp. grated onion
2 tbsps. flour
Salt and pepper

Cook onion in oil or butter until clear; remove from pan. In same pan brown chicken which has been dipped in seasoned flour. Place chicken, onion and mushrooms in a large casserole. Bake 1½ hours in covered casserole at 300° F. If casserole stands an hour or so before baked, the flavor will be much improved. Serves 8.

CHICKEN LIVER CASSEROLE

3 tbsps. bacon drippings
4 med. size onions
1 small can mushrooms
2 chicken bouillon cubes
½ cup boiling water
¼ cup flour
1 tsp. salt
1 lb. chicken livers
½ cup butter
⅓ tsp. dry mustard
¼ tsp. celery salt
¼ tsp. black pepper
1 cup sour cream
¼ tsp. soy sauce

Saute onions in drippings until golden brown. Place in casserole; top with mushrooms. Dissolve cubes in water, mix flour and salt and place in a paper bag. Wash livers and dry; shake in seasoned flour until coated. Saute livers in butter until they are browned. Place on mushrooms; add chicken bouillon to pan in which livers were browned and heat through. Pour over all, mix mustard, celery salt, pepper and sprinkle on top. Cover casserole and bake in hot oven 425° F. for 20 min. Mix cream and soy sauce together, add to casserole gradually, stirring constantly to prevent curdling. Serve immediately with hot rice. Serves 6.

CHICKEN AND RICE CASSEROLE

2½ cups cooked chicken
3 cups cooked rice
¼ cup butter or margarine
1 cup chicken broth
1⅔ cups evaporated milk
½ cup water
⅔ cup broiled sliced mushrooms
¼ cup chopped pimento
⅓ cup chopped green pepper
½ cup slivered blanched almonds

Melt butter or margarine; blend in flour. Gradually add broth, milk and water; cook over low heat until thick stirring constantly. Add salt, chicken, rice, mushrooms, pimento and peppers. Pour into buttered casserole; bake in oven 350° F. about 30 min. Sprinkle with almonds when half baked. Makes 10 servings.

CHICKEN TETRAZZINE

3 cups cooked macaroni, chopped
1 lb. cooked chicken, cut in large pieces
2 cups milk
2 cups grated cheddar cheese
1 cup mushrooms, sliced
¼ cup chopped pimento
2 tbsp. butter
2 tbsp. flour
1 tsp. salt

Put alternate layers of macaroni and chicken in buttered casserole. Mix mushrooms and pimentos; melt butter, add flour, salt and milk. Pour over mixture and bake in oven 400° F. until it bubbles.

CREOLE SHRIMP

2 lbs. shrimp
½ cup tomato sauce
1 can mushrooms
3 tbsps. butter
1¼ cups mixed, chopped green pepper, celery and onions
1 cup cooked rice
¾ cup cream

Put butter in heavy frying pan, add shrimp and cook with top on pan for 3 min. Add rest of ingredients and heat thoroughly. Season to taste, pour in greased casserole and bake 30 to 40 min. in oven 350° F.

DANISH MACARONI

8 oz. elbow macaroni
3 qts. boiling water
1 tbsp. salt
¼ cup butter
¼ cup all-purpose flour
2 cups milk
1¼ cups crumbled Danish Blue cheese
½ tsp. salt
¼ cup minced onion
1 cup diced cooked turkey

Add tablespoon of salt to boiling water, gradually add macaroni so that water continues to boil, stirring occasionally. When tender (about 15 minutes), drain and place layer of macaroni, layer of cheese and cold turkey in buttered casserole. Pour over white sauce, made with the butter, flour and milk with the minced onion added. Bake in oven 350° 25 minutes. Serves 6.

DEVILED EGGS DELUXE

8 eggs, hard boiled
2 tbsps. mayonnaise
½ tsp. dry mustard
1 tbsp. vinegar
2 tbsps. India relish
½ tsp. onion salt

Cut cooked eggs lengthwise. Put yolks in shallow bowl; mash yolks with mayonnaise, mustard, salt and vinegar; blend until smooth. Stir in relish and stuff eggs. Top with slices of stuffed olives. Serves 8.

DINNER CASSEROLE DE LUXE

5 hard-cooked eggs
1 3-oz. can sliced mushrooms
Milk
3 tablesp. butter or margarine
2 tablesp. flour
¼ teasp. salt
¼ teasp. onion salt
½ cup minced celery
½ cup packaged poultry stuffing
½ cup grated process American cheese

Start heating oven to 375° F. Slice eggs into shallow 1½-qt. casserole (10" x 6" x 2" baking dish). Drain juice from mushrooms into measuring cup; add milk to make 1 cup. In 1 tablesp. butter in saucepan, heat mushrooms 2 or 3 min.; scatter mushrooms over eggs. Add rest of butter to saucepan; melt; stir in flour, salts, then milk mixture. Cook, stirring, until thickened. Add celery; pour over eggs. Scatter stuffing, mixed with cheese, over top. Bake 20 min., or until bubbly. Makes 4 servings.

EGGS DIVAN

Vegetable:
1 box frozen broccoli
Deviled Eggs:
6 hard-cooked eggs (below)
1 2¼-oz. can deviled ham
¼ teasp. Worcestershire
½ teasp. grated onion
½ teasp. salt
½ teasp. dry mustard
Dash pepper
1 to 2 tablesp. light cream or milk

Sauce:
1½ tablesp. butter or margarine
1½ tablesp. flour
⅛ teasp. dry mustard
½ teasp. salt
Dash pepper
¾ cup milk
½ cup grated process sharp American cheese

Cook broccoli till just tender as package directs; drain. Meanwhile, cut ¼" slice from one end of each cooked egg; carefully remove yolk. Mash yolks and end slices; add rest of deviled-egg ingredients. Mix well; then use to fill egg whites.

Start heating oven to 400° F. In saucepan, melt butter, stir in flour, mustard, salt, pepper, then milk; cook until thickened. Add cheese; stir until smooth.

Arrange broccoli in 10" x 6" x 2" baking dish. Stand eggs, with stuffed ends up, between and on broccoli pieces. Pour sauce over all. Bake 40 min., or until bubbly. Makes 4 or 5 servings.

EGGS A LA KING

8 hard boiled eggs, sliced
¼ lb. sliced mushrooms
2 tbsps. butter
2 tbsps. flour
½ shredded green pepper
1½ cups milk
2 beaten egg yolks
½ cup cream
1 tsp. lemon juice

Melt the butter, add the mushrooms and pepper and cook slowly until softened a little; add the flour and salt and mix well, add the milk slowly stirring until creamy. Add sliced eggs and stir carefully until very hot. Put lemon juice over it as it is taken from stove. Serve in pattie shells or on toast. Will serve 8.

EGGS A LA RUSSE

8 boiled eggs halved lengthwise
1 cup mayonnaise
½ cup chili sauce or catsup
½ tsp. salt
⅛ tsp. hot sauce
¼ cup light cream
Lettuce leaves
8 thin tomato slices
Parsley

Refrigerate eggs until well chilled. In small bowl combine mayonnaise, chili sauce, salt and hot pepper seasoning and light cream; refrigerate until well chilled. Arrange 2 egg halves on lettuce leaf for each serving—top each serving with 3 tbsps. mayonnaise mixture, a slice of tomato and sprig of parsley. Makes 8 servings.

EGGS AURORA

6 eggs
½ pt. cream
1 tsp. french mustard
Bread crumbs
salt
cayenne pepper
butter
Swiss cheese

Hard boil eggs slowly, slice and place in buttered casserole. Mix the mustard with the cream. Pour over the eggs alternately with bread crumbs. Season to taste with salt, cayenne pepper, bits of butter and small piece of Swiss cheese. Bake in moderate oven 350° about 20 min. Serves 6.

EGGS BENEDICT

Fry 6 thin slices of ham and place on 6 slices of buttered toast, top each with a poached egg. Heat 1 can mushroom soup with ⅓ cup of sweet milk. Pour over eggs. Sprinkle with minced parsley. Serves 6.

EGGS FLORENTINE

Line bottom of shallow baking dish with 2 cups of chopped, cooked spinach. Break 6 eggs and place on spinach. Melt 1 cup of grated cheddar cheese in 2 cups of white sauce. Pour over eggs and bake in oven 350° F. about 25 minutes. Serves 6.

ENGLISH EGGS

4 cups ground cooked veal
4 cups cream sauce
3 hard boiled eggs
2 tbsps. melted butter
2 tbsps. worcestershire sauce
Salt and pepper

Cream yolks of eggs with 2 tbsps. melted butter and worcestershire sauce; salt and pepper to taste. To this add a little of the veal, then stuff the eggs. Moisten the remainder of the veal with cream sauce and a little worcestershire sauce and put in baking dish. On the top of the veal place the stuffed eggs and pour the rest of the cream sauce over this. Bake until light brown. Serves 6.

FROMAGE

1 lb. cheese
2 egg yolks
½ pt. milk and cream
Dash of cayenne pepper and salt

Beat the eggs very light, add the cream then the cheese. Pour in buttered pan and bake about 15 minutes in moderate oven, 350° F.

HAM AND CHEESE CASSEROLE

2 cups ground ham, raw or cooked
½ lb. American cheese
½ green pepper
6 oz. pkg. noodles
1 cup sliced mushrooms
1 can condensed tomato soup

Mix ham and cheese, cut in tiny bits; add chopped pepper, minced in butter. Cook noodles as directed on package, drain well. Mix lightly with other ingredients. Bake in greased casserole for 1 hr in 350° oven. Serves 6 or 8.

MACARONI AND CHIPPED BEEF CASSEROLE

4 cups cooked macaroni
1 cup chipped beef
2 eggs
4 tbsps. butter
1½ cups milk
2 tbsps. flour

Put a layer of macaroni in a buttered casserole, then a layer of beef; cover with sauce made with butter, flour and milk, when almost thick enough pour over well beaten eggs. Add a layer of this sauce over macaroni and chipped beef, then add another layer of macaroni and chipped beef and remaining sauce. Top with bread craumbs and grated cheese. Cook 20 minutes in oven 400° F.

RICE CASSEROLE

1 cup uncooked rice (long grain)
2 cans beef consomme
1 large onion (chopped)
2 small cans mushrooms (sliced)

Saute onion and mushrooms in half stick of butter or margarine until onion is done or brown. Put all ingredients in covered casserole and bake for about an hour.

(This is so nice to serve with fried chicken when there is no gravy.)

SPANISH MACARONI

Cook 1 cupful of macaroni in boiling water 20 minutes. Allow ½ tablespoon of salt to 1 quart of water. Drain macaroni in collander and allow cold water to run through it. Combine with 1 cup of grated cheese.

Make a sauce by frying 1 cup of chopped onion in ½ cup of butter or bacon drippings until light brown in color. Add one quart can of tomatoes, 1 clove of garlic, and ½ cup of chopped sweet red peppers. Simmer for 15 minutes.

Butter a casserole, put in layer of sauce, then a layer of macaroni and cheese, and so on until dish is filled, having the sauce on top layer covered with grated cheese. Bake in moderate oven until cheese is lightly browned.

NEVER-FAIL OMELET
(Serve Hot)

4 eggs, separated
1¼ tbsps. flour
¾ cup sweet milk
¼ cup melted butter

Beat whites of eggs until stiff but not too dry. Stir yolks well, slowly add flour until smoothly blended; add milk. Mix well and lightly fold in stiffly beaten egg whites. Grease iron skillet lightly and place over very hot flame. Pour in omelet and cook in moderate oven 350° F. 10 minutes, or until mixture seems firm in center when tested with silver knife. Loosen sides and bottom with spatula, place platter close to skilled and with spatula and cake turner flip omelet half over and lift quickly to platter. Sprinkle salt and pepper on omelet and cover with melted butter. The secret of a perfect omelet—**do not** salt until the list minute!

OMELETTE A LA PAYSANNE

2 tbsps. butter or margarine
¼ cup diced bacon
2 med. potatoes, finely diced
4 eggs
½ tsp. salt
¼ tsp. seasoned salt
Dash onion salt
1 tsp. snipped parsley

In 8" skillet, in 1 tbsp. butter, cook bacon until brown. Add potatoes; saute until potatoes are tender and golden. In bowl, with fork, beat eggs with seasonings, parsley. Stir in potato mixture. Meanwhile, in same skillet, heat remaining butter. Pour in egg mixture.

RINK TUM DIDDY

Brown ½ green pepper, cut in small bits, and 1 chopped medium onion in butter. Cut 1 lb. cheddar cheese in small chunks and melt in chafing dish; add pepper and onions; add 1 can tomato soup, ¼ tsp. salt, ¼ tsp. pepper, ¼ tsp. dry mustard, ½ tsp. worcestershire sauce. When smooth, beat up 1 egg white, stiff, and beat into the mixture. Serve hot immediately on toast or crackers. Serves 6.

RUSSIAN EGGS

6 eggs
1 small jar caviar
2 tbsps. anchovy paste
1 tsp. butter
1 cup Hollandaise sauce
6 rounds of lightly toasted bread

Poach eggs until firm, butter toast; spread it with anchovy paste and put an egg on it; cover with the Hollandaise sauce and top with caviar. Serves 6.

SCALLOPED OYSTERS (CASSEROLE)

1 qt. oysters, drained
½ cup sweet milk
4 tbsps. butter
Saltines

In a buttered casserole, put half the oysters, crumble enough saltine crackers to cover, put another layer of oysters, then another layer of crumbled crackers. Melt the butter, add milk and pour over all the ingredients. Bake about 20 minutes in 400° F. oven. Serves 6.

SWISS-CHEESE PIE

1 9″ unbaked pie shell, well chilled
1 tablesp. soft butter or margarine
12 slices bacon*
4 eggs
2 cups heavy cream
¾ teasp. salt
Pinch nutmeg
Pinch sugar
Pinch cayenne
⅛ teasp. pepper
¼ lb. natural Swiss cheese grated (1 cup)

Start heating oven to 425° F. Rub butter over surface of pie shell. Fry bacon until crisp; crumble into small pieces. Combine eggs, cream, salt, nutmeg, sugar, cayenne, and pepper; with egg beater, beat just long enough to mix thoroughly. Sprinkle bacon and cheese into shell; pour in cream mixture. Bake 15 min. Reduce oven heat to 300° F.; bake 40 min. longer, or until silver knife inserted in center comes out clean. Serve at once, cut into wedges. Makes 6 servings.

*If you prefer, save out 6 bacon slices as garnish. Cook them until done but not too crisp. Immediately roll up each bacon slice; arrange, with seam side down, in bed of parsley around pie plate.

SHIRRED EGGS MEXICAN STYLE

1-2 onion, minced (medium size)
2 tbsps. butter or margarine
1 can tomato sauce (8 oz.)
1¼ tsps. chili powder
salt and pepper
6 eggs
1 cup rice (uncooked measurement)

Cook rice according to package directions. Meanwhile fry onion in butter or margarine until tender, but do not brown Add tomato sauce, chili powder and a small amount of water if sauce is very thick. Add salt and pepper to taste. Divide sauce into greased custard cups, and break one egg into each cup. Place cups in shallow pan of hot water. Bake from 12 to 15 min. in a 375 degree oven. Scoop the eggs out and serve on a bed of fluffy rice. Makes 6 servings.

SWISS SCRAMBLED EGGS

1 2½-oz. jar dried beef, shredded
2 tablespoons butter or margarine
6 tablespoons light cream or milk
⅛ teaspoon pepper
Boiling water
6 eggs
½ teaspoon salt
¼ pound Swiss cheese, cut in ¼-inch strips

Cover shredded dried beef with boiling water; let stand 1 minute. Drain. Heat butter in a large skillet over moderately hot coals. Beat together eggs, cream, salt, and pepper. Pour egg mixture into skillet. Cook and stir gently with a fork until eggs are almost set. Add beef and cheese. Cover; set skillet at back of grill and let stand about 2 minutes until cheese begins to melt and eggs are set. Serve at once. Serves 6.

SKILLET SCRAMBLE WITH SLIVERED HAM

Break 6 eggs into a medium-size bowl; add ⅓ cup milk, ½ teaspoon salt, and ⅛ teaspoon pepper; beat until frothy. Melt 2 tablespoons butter or margarine in a medium-size frying pan (do not let it bubble); pour in egg mixture; lower heat; cook slowly. As eggs begin to thicken, stir from the bottom with a wide rubber spatula or pancake turner to keep them in large creamy fluffs. Cut 1 small package (1 ounce) Gruyere cheese into small cubes; fold into eggs while they are still moist; remove from heat (eggs continue to cook from their own heat and cheese melts quickly). Spoon onto heated serving dish; garnish top with match-like pieces of cooked ham (or bologna). Makes 4 servings.

TUNA CHEESE CASSEROLE

3 tbsps. flour
2 tbsps. butter
¼ tsp. salt
¼ tsp. black pepper
1 can mushroom soup
½ cup milk
1 4½-oz. can ripe olives
1 6 or 7 oz. can tuna
1 pkg. frozen green peas, cooked and drained
6 ounces American cheese finely cut
¼ tsp. parsley flakes
⅛ tsp. thyme
bread crumbs

Melt the butter; stir in flour, salt and pepper. Add milk and soup, stir over medium heat until thickened. Add olives cut in small pieces. Add all other ingredients and blend. Pour into greased casserole; top with crumbs and bake at 350° F. for 30 to 35 minutes

WELSH RAREBIT

1 tbsp. butter or margarine
1 lb. cheddar cheese
1 cup ale or beer
dash of salt
½ tsp. paprika
½ tsp. dry mustard

Melt butter or margarine in top of double boiler or chafing dish and add the cheddar cheese, chopped. While it is melting add slowly the ale or beer. During this process stir constantly with a wooden spoon. Add paprika, mustard and salt. Keep stirring until mixture is well blended and cheese melted. Then pour immediately over 6 slices of fresh toast and serve.

SOUPS AND CHOWDERS

ASPARAGUS SOUP

2 cups cooked asparagus, (canned asparagus may be used)
2 cups asparagus water
4 tbsp. butter
2 cups chicken or meat stock
2 cups milk
1 medium onion, sliced thin
4 tbsp. flour
Salt and pepper to taste

Cut the tops off the asparagus; set aside. Combine the other asparagus, cut in short pieces with the chicken stock, (chicken bouillon cubes dissolved in the asparagus water can take the place of the stock), add onion and cook 10 minutes. Rub through sieve. Melt the butter, stir in the flour and blend well; add the milk and seasonings to taste and cook a few minutes. Add the pureed asparagus and onions and asparagus tips. Cook all together 5 minutes and serve hot. Serves 6 to 8.

BEAN CHOWDER

½ lb. navy beans
⅛ lb. salt pork
3 tbsps. minced onion
1½ tsp. salt
3 cups hot water
3 cups milk

Soak beans over night in cold water; drain Cut pork in cubes, saute until brown; add onions and saute lightly. Add hot water, beans and salt and cook 1 hour or until beans are tender. Add milk and cook 5 minutes more. Serve with buttered toasted crackers.

BLACK BEAN SOUP

1 qt. black beans
2 tbsp. Sherry
1 small beef bone for soup
2 stalks celery
1 medium onion
1 hard boiled egg
Juice of 1 lemon
3 or 4 whole cloves

Soak the beans over night. Next morning put the beans on to boil with beef bone, the celery and onion in plenty of cold water; boil until the meat leaves the bone. Take out the beans, onion and celery, mash through a collander. Put the beans and meat back in the pot and add the wine, lemon juice, egg and spices. Boil 10 minutes and serve.

BORSCH OR BEET SOUP I

1½ cups thinly sliced canned beets
1 cup shredded cabbage
1½ cups thinly sliced onions
2 tsp. Accent
1 can consomme
Equal amount of water
Dash salt
Dash tobasco
Sour cream

Boil the cabbage and onions in the consomme and water, beets and beet juice from can; add the Accent, salt and tobasco. Cook 15 minutes. No longer or beets will lose their color. This makes a thick soup, add a little more water if too thick. Add ½ cup sour cream; let soup get hot and serve.

BORSCH OR BEET SOUP II

1 1-lb. can beets
⅓ cup minced onion
1 can consomme, undiluted
½ tsp. salt
1 cup water
½ cup dairy sour cream

Drain beets, reserving liquid. Finely chop beets. In saucepan heat beets, beet liquid, onion, consomme, salt and water just to boiling point. Chill. Serve with a garnish of sour cream with a spear or two of asparagus, if you wish. Makes 6 servings.

CELERY SOUP

1 can condensed celery soup
2 pieces bacon, fried crisp
1 hard boiled egg, chopped fine
1 envelope plain gelatin
½ cup cold water
2 tbsp. butter
Parsley

Pour condensed celery soup in saucepan and stir until smooth; soften gelatin in cold water and blend in soup. Fill soup can with cold water and add to soup, stirring constantly. Break bacon into small bits and chopped hard boiled egg. Stir into the soup and serve hot. Float a bit of chopped parsley atop the soup and a shake of paprika.

CHICKEN NOODLE SOUP

1 small hen, about 4 lbs.
1 qt. sweet milk
½ stick butter or margarine
2 stalks celery, cut up fine
¼ box noodles
Salt and pepper to taste

Boil hen in 2 qts. water; cook until meat is very tender. Remove from heat and pull meat from bones, remove skin and gristle and cut in small bits. Return to stock in which chicken was cooked; add celery, milk and butter and cook 20 minutes. Add noodles and cook 20 minutes longer. If a thicker soup is desired, stir 1 tbsp. flour in 2 tbsp. cold water and add to soup and cook 5 minutes. Serve hot.

CHICKEN SOUP ONOVATO

2 cups cooked chicken, diced
½ lb. blanched almonds

Put chicken and almonds through meat grinder; then add 1 cup of coffee cream. Cook until quite smooth; add 1 qt. chicken broth or water chicken was cooked in and boil 20 minutes. Season with salt and pepper to taste. Strain and serve with crackers or cheese toast.

CLAM CHOWDER

¼ lb. pork, finely diced
2 qts. boiling water
1 tsp. salt
4 cups diced white potatoes
2 cups white celery, cut up fine
2 cups onions, chopped fine
2 cups carrots, diced
1 qt. (large can) tomatoes
½ tsp. pepper
20 fresh or canned clams, chopped
1½ tbsp. flour
1 tbsp. water

Cook pork in hot water until tender; add salt and vegetables, except potatoes, cook 20 minutes. Add potatoes and cook 20 minutes longer. Add clams and clam juice and cook 10 minutes. Thicken with flour and water paste. Serves 10 to 12.

CLAM SOUP

1 qt. clams
1 cup water
6 slices white meat, sliced thin
1 medium onion, chopped
1 cup browned flour
½ cup water
1 tbsp. flour
¼ cup water
1 tbsp. mixed spices, ground
2 hard boiled eggs, sliced thin
Few slices of lemon, sliced real thin

Cut up clams; add cup of water, crisply fried white meat, onion fried in fat of white meat. Simmer together for ½ hour. Brown cup of flour; rub smoothly with ½ cup of water; add to soup. Thicken with 1 tbsp. flour mixed with ¼ cup cold water. Add spices, sliced hard boiled eggs, sliced lemons and stir briskly. Serve hot.

CREAM OF CORN SOUP

1 tbsp. butter
1 tbsp. flour
2¾ cups milk
1 egg yolk, well beaten
2¼ cups corn, fresh or canned creamed style
Salt and pepper

Make a thin white sauce with butter, flour and milk. Add corn and rub through a sieve. Reheat. Season and add well beaten egg yolk. Cook 5 minutes and serve hot.

MINESTRONE SOUP

Cover a large lean soup bone with 5 qts. of water and cook 3 hours. Add 3 qts. of sliced vetgetables consisting of 3 white potatoes, cubed; 3 carrots, cubed; 2 onions, sliced; 1 cup chopped cabbage. Season with salt and pepper. After vegetables have cooked 20 minutes, lift out 1 qt. of the nicely diced ones and set aside. Lift out the meat and puree the other vegetables into the soup. Let cook, skim off fat When ready to serve, have ready 1 cup of cooked spaghetti and add with 1 qt. of diced vegetables. Serve piping hot and top each serving with Parmesian cheese.

MUSHROOM SOUP

½ lb. fresh mushrooms
Butter size of an egg
2 tbsp. flour
1 qt. milk
1 cup meat or chicken stock

Peel the mushrooms and cut them up fine. Put the butter in a frying pan and when very hot, put in the mushrooms and the flour that has been well mixed with a little butter. Let the milk come to a boil in a double boiler; add the mixture and a cup of stock. Cook 5 minutes and serve.

ONION SOUP

¼ stick butter or margarine
1 medium sized onion, sliced thin
3 chicken bouillon cubes
4 cups water
1 tsp. Worcestershire sauce
¼ tsp. garlic salt
1 tsp. salt
1 tsp. pepper

Cook onions in melted butter for 5 minutes; add water with bouillon cubes melted in it. Add Worcestershire sauce, garlic salt, salt and pepper and cook slowly 20 minutes Serve with Parmesan cheese sprinkled over soup.

OYSTER SOUP OR STEW

1 qt. oysters
1 qt. milk
¼ lb. butter
1 level tbsp. salt
Dash black pepper
6 drops Tobasco sauce

Remove any pieces of shell from the oysters, do not wash. Melt the butter in a saucepan; drop oysters in melted butter and cook until oysters begin to curl at edges; add salt, pepper and tobasco sauce. Combine with milk which has been scalded and serve immediately. Will serve 6.

POTATO SOUP

6 medium sized potatoes
1 qt. milk
4 tbsp. flour
2 medium sized onions, chopped fine
2 tbsp. parsley, minced
Salt and pepper to taste

Boil potatoes in salted water. Start them in cold water and cook for 20 minutes in covered pot. Put butter in frying pan; when lightly browned, put onions in and simmer slowly 20 minutes. Then sift in the flour and blend well. Stir in 1 cup of the milk and blend in until smooth. Pour contents of frying pan in a saucepan and add the rest of the milk. Mash 4 of the potatoes through a potato ricer and cut the other potatoes in small cubes. Add to the mixture in the saucepan with the parsley and season to taste.

PUREE OF CHESTNUT SOUP

4 cups chicken stock
2 cups chestnuts, boiled and mashed
1 slice of onion
½ tsp. celery salt
2 cups coffee cream
¼ cup butter
2 tbsp. flour
Salt and pepper

Cook the stock, chestnuts, slice of onion and celery salt for 10 minutes. Put through a sieve; add cream and combine with other ingredients. Cook 5 minutes and serve hot.

SPLIT PEA SOUP

2 cups split peas
2 qts. chicken stock
2 carrots, sliced thin
1 onion, sliced thin
2 stalks or ribs of celery, cut fine
1 tsp. salt
½ tsp. pepper
Dash garlic salt
Pinch Cayenne

Soak peas in chicken stock over night. To this mixture add the vegetables and seasonings; boil hard 20 minutes. Reduce heat and simmer 1 hour. Strain and add 1 cup milk and cook 2 minutes. Serve hot.

TOMATO SOUP

1 2½ can tomatoes or fresh tomatoes
2 tsp. butter
1 thin slice onion
1 tsp. sugar
Pinch of soda
2 cups milk
1 tsp. celery salt
1 thin slice of lemon
Sprig of parsley

Cook tomatoes with sugar and pinch of soda 15 minutes Scald the milk with onion and lemon sliced and parsley. Add the sieved tomatoes and celery salt to milk mixture, after removing onion and lemon. Cook 5 minutes and serve hot.

TURKEY SOUP

Boil bony pieces of turkey or carcass (if you have one) in 2 qts. of water with 1 cup of chopped celery, 1 slice of onion for 2 hours. Strain and add ½ cup of cooked rice, ½ cup peas (omit if not desired), 2 tbsp. butter, salt and pepper to taste. Simmer ½ hour longer.

TURTLE SOUP

1 small turtle
1 large onion
4 bay leaves
1 qt. water
1 tbsp. Sherry to each bowl of soup
6 cloves
Yolks of 4 hard boiled eggs
2 tsp. flour
2 tbsp. butter

Boil the turtle in the water with bay leaves and onion until the turtle is soft. Keep the stock. Take out the bones of the turtle. Fry the onion in 2 tbsp. butter, then thicken with 2 tsp. flour. Pour the stock over it and add the meat. Cream the yolks of eggs with the sherry and add when ready to serve.

VEGETABLE SOUP

1 good sized soup bone, cracked
3 qts. cold water
4 tbsp. butter
1½ cups chopped celery
1 cup chopped onions
3 cups canned tomatoes
2 cups diced potatoes
1 cup butter beans
1 cup cream corn
3 tsp. salt
1 tsp. black pepper

Wash soup bone and be careful to remove any loose pieces of bone. Put in cold water and boil for 2 hours in large kettle. Remove bone from broth. Add all vegetables except corn to broth; cook until tender. Add salt and pepper and corn; cook 10 minutes longer. Put a lump of butter size of ½ egg in soup and serve hot.

VICHYSOISSE

6 medium sized white potatoes
2 medium sized onions
White part of 6 leeks
1 pt. top milk
Sweet butter
1 qt. chicken stock
1 pt. coffee cream

Brown lightly finely cut leeks and onions in sweet butter; add finely diced potatoes. Put all these ingredients in 1 qt. of water and cook until tender. Then put all of these vegetables through a sieve; add 1 qt. of chicken stock or white consomme; add 1 pt. milk. Bring mixture to a boil, season to taste and thicken with 1 pt. of coffee cream This soup must be served ice cold.

POULTRY AND GAME

BAKED CHICKEN

1 5-lb. hen
1 leaf of celery
Butter
Dressing

It is best to have hen dressed and drawn the day before making. Rub 1 tbsp. salt inside the hen and put in refrigerator overnight. Rub hen with melted butter or margarine and put on rack in roaster. Cook in oven 400° F. until the drumstick moves easily. Take out of oven and stuff with the fol: lowing dressing:

First cook neck and giblets in 3 cups of water with 1 tsp. salt for 30 min. Toast enough bread to make 3 cups. Cut up enough celery to make 1 cup.

2 tbsp. onion, cut fine
½ stick butter
2 eggs, well beaten
1 tsp. ground black pepper

Combine all ingredients with enough of the stock to make the dressing the right consistency. Stuff the hen; put back in oven to brown. From the drippings, water and remaining stock, make the gravy. Make remaining dressing in patties and use as garnish for the hen.

BAKED CHICKEN AND NOODLES

5-lb. stewing chicken
1 celery stalk
1 carrot
1 large onion
2 bay leaves
¼ teaspoon savory
¼ cup chicken fat
2 tablespoons flour
3 cups chicken stock
2 egg yolks
½ cup cream
Salt
Pepper
1 pkg. (8 oz.) noodles

Put the whole chicken in a kettle along with enough hot water to half cover. Toss in celery, carrot, onion, bay leaves, savory and bring to a boil. Cover, reduce heat and cook gently for about 2½ hours or until chicken is very tender. Let chicken rest in the stock until cool enough to handle, then remove and skim all fat from surface of stock. Scoop out seasoning vegetables and toss away. Save fat and stock to use later on. Remove chicken skin and discard. Pull meat off the bones and cut large pieces in sizable chunks.

Heat ¼ cup chicken fat in a saucepan, stir in flour smoothly, pour in chicken stock and cook, stirring constantly, until sauce bubbles. Mix egg yolks and cream together in a bowl, then stir in the hot stock sauce a dribble at a

time. Cook over a low heat for about 5 minutes, stirring constantly. Season with salt and pepper.

Cook noodles until tender according to package directions. Drain. Start your oven at 400° F. and grease a large casserole. Arrange alternate layers of noodles and chicken. Pour sauce over the top and bake 20 to 25 minutes or until top is brown and bubbly. Makes 8 servings.

BARBECUED CHICKEN

Select two or three broiler-fryer chickens split lengthwise, quartered, or breast and leg parts. If using halves or quarters, hook wing tip behind shoulder joint onto back. Brush with the barbecue sauce. Place on grate set 12 inches or more from heat—skin side away from heat. Cook slowly until tender, turning frequently and basting each time. Allow 1 to 1¾ hours for total cooking time. Drumsticks should twist easily out of thigh joints. If parts are used, thickest pieces should be fork-tender. Just before serving, brush chicken with any left-over sauce or use for dunking.

Barbecue Sauce:

Measure ½ cup melted butter, ¾ cup lemon juice or vinegar, ¼ cup water, 1½ tbsp. salt, 2 tbsp. sugar and 1⅓ tsp. Tobasco into saucepan. Heat to boiling. Keep hot for basting chicken. Mix thoroughly before each basting. If you prefer a highly seasoned sauce, increase Tabasco and add mustard and Worcestershire sauce.

BROILED SPRING CHICKENS

Split 2 spring chickens, about 1½ lbs. each. Salt and pepper well on both sides. Place in a roasting pan on rack, do not cover. Baste with melted butter or margarine, put uncovered roaster on floor of oven, turn on broil and cook about 20 minutes; baste with ½ cup orange juice and ½ cup sherry if desired. Remove chickens to hot platter and make gravy in the roaster.

CALIFORNIA CHICKEN LIVERS

6 slices bacon
Flour, salt, pepper
1 pound chicken livers
½ cup sauterne or other dry wine (white)
Chopped fresh parsley

Cook bacon until crisp and drain on paper. Pour off drippings and then measure ¼ cup drippings back into pan. Coat livers in seasoned flour and cook in bacon fat until lightly browned. With heat on low, add wine, cover and steam a few minutes. Crumble bacon and sprinkle with chopped parsley over livers. Serve plain or on buttered toast or rice .

CHICKEN A-LA-KING

1 hen, about 5 lbs. (save stock)
½ green pepper, chopped
1 can mushrooms, sliced
½ pimento, cut up
3 egg yolks
1 tablespoon butter
1 tablespoon flour
1 can evaporated milk
2 cups chicken stock
1 cup finely chopped celery
2 tablespoons finely chopped onion
½ glass sherry
Salt to taste
Pepper to taste

Put celery, green pepper, onion and stock in a saucepan; boil 15 min. Add butter, salt and pepper. Thicken like a sauce with flour. Add the diced cooked chicken, pimento and mushrooms. Cook 10 min Before serving, add the well beaten egg yolks in milk, continue cooking 5 minutes; add sherry. Sherry may be omitted, if not desired.

CHICKEN CACCIATORE (ITALY)

2 1½-lb. chickens, cut up
1 can tomato paste
½ medium onion, cut fine
1 bell pepper, cut into strips lengthwise
1 can mushrooms
Garlic salt
¼ teaspoon black pepper
1 teaspoon spice island spaghetti seasoning
½ teaspoon oregano
½ teaspoon dried parsley
3 or 4 tablespoons olive oil or bacon drippings
1 package spaghetti

Wash and pick over chicken; dry. Fry chicken slowly either in olive oil or bacon fat, until brown. Season with garlic salt and black pepper. Place the fried chicken in open baking dish.

In same skillet saute onion until soft and slightly golden. Add tomato paste and fry over very slow heat until the redness has left the paste; stir often as it is apt to stick. Add bell pepper, spaghetti and seasonings, oregano, parsley, mushrooms, more garlic salt if needed. Add enough water to the mixture to increase quantity to cover chicken in baking dish. Pour over chicken. Bake in 300° F. oven for 2 to 3 hours. Serve over cooked spaghetti, garnish with Parmesian cheese.

CHICKEN CHOW MEIN

⅓ cup thinly sliced onion
3 tbsp. butter or margarine
1 tbsp. flour
2 cups chicken stock
3 tbsp. soy sauce
2 cups diced cooked or canned chicken
1 cup cooked or canned sliced mushrooms
***1 cup diced cooked celery**
***½ cup cubed canned bamboo shoots**
***½ cup sliced water chestnuts**
***1 cup cooked or canned bean sprouts**
¼ lb. blanched almonds
1 cup slivered cooked or canned chicken

Saute onion in butter or margarine. Blend in flour; gradually add 1 cup stock. Cook slowly; stir constantly, until slightly thick. Add soy sauce. Combine diced chicken, mushrooms, celery, bamboo shoots, water chestnuts, bean sprouts and remaining stock; heat. Add to sauce. Bring to boil; add almonds. Serve on cooked rice and Chinese noodles. Top with slivered chicken. Garnish with olives and radishes. Serves 8. *Or substitute 3 cups canned mixed Chinese vegetables.

CHICKEN COUNTRY CAPTAIN

8 chicken breasts
8 thighs
8 drumsticks
1 2½ can tomatoes
3 onions chopped fine
1 tablespoon parsley, chopped
1 clove garlic, chopped fine
¼ teaspoon salt
¼ teapsoon pepper
1 teaspoon paprika
1 green pepper, chopped fine
½ teaspoon thyme
3½ cups water
¼ teaspoon curry
1 lb. blanched almonds
⅔ cup currants

Soak chicken in cold water 15 min. Sprinkle with salt and pepper. Roll pieces in flour to which paprika has been added. Fry in deep fat until chicken is golden brown. Then place in roaster pan.

Melt butter, ½ lb. in heavy pan; add onions, garlic, parsley, green peppers, curry and thyme. Saute slowly for 15 min., stirring constantly; then add the water; simmer 15 min. more. Add tomatoes and cook until smooth. Pour sauce over browned chicken in roaster; cover and cook 45 min. in 325° F. oven. After cooking 30 min., add currants to sauce. Sprinkle almonds over chicken before serving. Always serve over fluffy rice.

CHICKEN CROQUETTES

1 large hen (5 lbs.)
¾ cup flour
1¼ sticks butter
1 pt. milk
2 eggs
1 teaspoon lemon juice
1 teaspoon onion juice
2 tbsp. chopped parsley (may use celery if preferred)
1 teaspoon salt
¼ teaspoon pepper

Boil chicken until tender. Cool and cut meat fine. In double boiler make a thick cream sauce of the butter, flour, salt, pepper and milk. When this is thick, add the chicken; then add the beaten eggs to the hot mixture. Remove from heat, add parsley, onion juice and lemon juice. Put in refrigerator and let get cold. When cold mold the croquettes and roll in cracker meal. Let stand in refrigerator until chilled. Fry in deep fat—250°—until golden brown. Makes 10 croquettes.

CHICKEN GUMBO

1 2½-lb. chicken, cut up as for frying
3 medium sized onions, sliced thin
6 large fresh tomatoes, peeled and quartered
1 qt. fresh okra, coarsely chopped
2 tablespoons butter
2 tablespoons bacon drippings
1 sprig of parsley, if desired

Put the butter and bacon drippings in a heavy pot. Add tomatoes and chopped okra; add the chicken, cover and cook 15 minutes. Then add the onions and parsley and 3 cups of water. Let simmer slowly for 30 minutes. Serve on cooked rice.

CHICKEN LOAF

1 hen—4 or 5 lbs.
1 cup of chopped celery
1 cup chopped parsley
1 pkg. gelatin
8 hard boiled eggs
½ cup chopped sweet mixed pickle
Juice of 3 lemons
Salt and pepper to taste

Cook chicken until tender. Cut in small pieces or cubes. Mix 2 cups chicken stock with juice of lemons. Dissolve gelatin in this mixture. Place in loaf pan a layer of chicken; then a layer of sliced eggs. Stir celery, parsley and chopped pickle in gelatin mixture. Pour over the chicken and egg layers. Congeal in refrigerator and slice as cake when served. Delicious with thousand island dressing!

CHICKEN MARENGO
(France)

2 2-lb. chickens
1 No. 2½ can tomatoes
6 tablespoons white wine
6 chicken bouillon cubes melted in ½ cup hot water
1 tablespoon tomato paste
3 tablespoons olive oil
12 mushrooms, sliced
1 clove garlic
6 small onions (pickling size)

Put the oil in a skillet, when hot add the floured chicken. Cook to golden brown on all sides. Add the tomatoes and paste. Add the white wine, the bouillon, mushrooms and onions, which have been browned in butter. Season to taste with salt and pepper. Add the garlic and immerse all together 1 hour or a little longer. Put the chicken on a hot platter and pour the sauce over them. Garnish with parsley. Serves 6.

CHICKEN PIE

⅓ cup chicken fat
½ cup flour
3 cups chicken broth
1 cup cream or milk
1 tablespoon minced onion
½ teaspoon ground ginger
1 teaspoon salt
¼ teaspoon pepper
4 cups cooked chicken, cut in large pieces
pastry, using 1 cup flour and 1 tbsp. milk

Blend chicken fat and flour in saucepan over low heat until bubbly. Add broth and cream at once and cook stirring constantly until uniformly thickened throughout. Add onion, ginger, salt and pepper. Place chicken in a 2 quart shallow casserole. Pour in the hot gravy. Roll pastry to fit casserole. Cut openings for steam vent. Adjust pastry cover. Brush top with milk. Bake promptly in a 425 degree oven until top is brown and sauce bubbly, 25 to 35 minutes. Makes 6 to 8 servings

CHICKEN SAUTE A-LA-CREOLE

2 2½-lb. spring chickens, disjointed
2 tablespoons butter
2 tablespoons flour
2 large onions
3 green peppers chopped (sweet)
½ can tomatoes, may use fresh ones if desired
1 clove garlic
3 sprigs parsley, chopped
1 pint of consomme

Put butter in pan; when it melts, put chicken in and let it brown; then add onions chopped fine. Add flour and tomatoes. Let them all cook slowly for 15 minutes; adding parsley, garlic and sweet peppers. The tomatoes will make the gravy continue cooking for 20 minutes. Then add the consomme and cook 20 minutes longer. If it needs a little more liquid, add ½ cup of hot water.

CHICKEN STEW WITH PASTRY

1 3-lb. chicken
1 stick butter
2 cups small white potatoes, scraped
1 teaspoon salt
1 teaspoon black pepper
2 cups water
2 cups rich milk

Cut chicken up as for frying. Boil in 2 cups water with salt, butter and pepper for 20 minutes.

Pastry:

2 cups flour
1 teaspoon salt
⅔ cup Crisco or other shortening

With pastry blender or 2 knives, cut shortening into flour until size of a pea. Stir in ice water to make consistency to roll out. Put milk and potatoes in pot with the chicken. Roll pastry thin; cut in narrow strips and drop in chicken mixture a little at the time, as the liquid boils over one of the pastry layers, then add more of the pastry until all is used. This should be about 20 minutes.

A delicious dish to serve with fresh corn, sliced tomatoes and lima beans!

CHICKEN-AND-SEA-FOOD RISOTTO

Get 2 chicken hindquarters—legs and thighs—2 chicken breasts and 2 chicken wings, 2 pounds fresh or frozen shrimp, 1 pound lobster tails, 1 pound scallops, 1 slice smoked ham weighing at least ¾ pound, ½ pound fresh mushrooms, 1 Bermuda onion, 3 cloves garlic, one 1-pound can plum tomatoes, 1½ pkgs. converted rice and some saffron and parsley. Cut the raw meat from breasts and legs of chicken into bite-size pieces and put the skin, bones and wings in a kettle with 5 cups water. Add 1 tablespoon salt and 1 tablespoon monosodium glutamate. Bring to a boil and simmer while you prepare the sea food. Use a pressure cooker to make the broth if you like, but use only 4 cups water. Remove meat from lobster tails and cut into bite-size pieces. Wash, shell and devein shrimp. Wash scallops and if they are large, cut into small pieces. Cut ham into ½" cubes. Wipe mushrooms with a damp cloth and slice. Chop enough Bermuda onion to make 1 cup, and enough parsley to make ½ cup. Now to the cooking. Melt ¼ pound butter in a skillet Add chicken pieces and 1 teaspoon monosodium glutamate and cook over high heat about 15 minutes, stirring often. Add chopped onion and 3 cloves garlic, minced, and cook until onion is transparent. Strain chicken broth, bring to a rolling boil and add shrimp, a few at a time, letting broth return to a boil after each addition. This is to make sure that the shrimp will turn to a brighter color. When all shrimp are in, add lobster meat; cook, uncovered, 5 minutes and add 1 rounded teaspoon saffron. Cook a few minutes longer.

In a large kettle add all ingredients—chicken, shrimp and lobster with broth, scallops, ham, tomatoes, parsley and sliced mushrooms. Toss together

and add 2 teaspoons salt and ½ teaspoon pepper. Add 1½ pkgs. converted rice. Transfer to a 4-quart casserole in which it will be baked and garnish top with squares of pimento. All this, except adding rice, can be done the day before. Bake, covered, in 375 degree oven for 1 hour and 15 minutes, or until rice is tender and has absorbed liquid. Uncover twice during baking and stir so that the rice will cook evenly throughout the casserole. If your guests leave any of this delicious dish, put in a small casserole and freeze for use at a future date.

CORNISH HENS ON COMPANY RICE

2 frozen Rock Cornish hens, each about 1¼ lbs.
Salt and pepper
Melted butter or margarine
½ cup raw wild rice
1½ cups boiling water
½ teaspoon salt
1 tablespoon butter
2 tablespoons minced onion
1 tablespoon minced green pepper
½ 4-oz. can sliced mushrooms, drained
½ 10½ oz. can condensed cream of mushroom soup, undiluted
½ cup heavy cream
⅛ teaspoon dried marjoram
Dash dried basil
Dash dried tarragon
¼ teaspoon curry powder
¼ teaspoon salt
⅛ teaspoon pepper
Few canned sliced mushrooms, heated
Fresh dill

Day before:

1. Let Cornish hens thaw overnight in refrigerator; save giblets to serve later.

About 1 hr before serving:

1. Start heating oven to 425 degrees. Sprinkle hens with salt and pepper. Arrange in shallow, open pan without rack; brush liberally with melted butter. Brushing often with melted butter, roast, uncovered, 45 min. or until golden and done.
2. Meanwhile, wash rice well in three or four changes of cold water. Then, to boiling water in saucepan, add ½ teasp. salt; stir in rice. Simmer, covered 30 min., or until rice is done and water absorbed.
3. While rice cooks, in 1 tbsp. butter in another saucepan, saute onion, green pepper, and drained canned mushrooms 5 min. Stir in cream of mushroom soup, cream, marjoram, basil, tarragon, curry, ¼ tsp. salt, and ⅛ tsp. pepper; heat 10 min.
4. Then add cooked wild rice to this mixture, and heat, stirring occasionally.
5. When hens are done, arrange on a bed of wild rice on serving platter. Top rice with a few heated canned sliced mushrooms; garnish with a ring of fresh dill. Makes 2 servings.

CRANBERRY-CHICKEN EXOTIC

1 2½ to 3 lb. ready to cook broiler-fryer, cut up
1 teaspoon salt
Dash pepper
1½ tablespoons butter or margarine
¼ cup canned jellied cranberry sauce
1 cup water
1 tablespoon white vinegar
3 whole cloves
1 stick cinnamon
1 tablespoon seedless raisins
1 tablespoon cornstarch
2 tablespoons water

Season chicken with salt and pepper. In hot butter in 9" or 10" skillet, saute chicken, few pieces at a time, until golden on both sides. Mix cranberry sauce, 1 cup water, vinegar, cloves, cinnamon, and raisins; pour over chicken. Simmer turning occasionally, covered, over low heat about 40 min. or until chicken is fork-tender. Remove chicken to heated platter. Make a paste of cornstarch and 2 tbsp. water; stir into mixture in skillet. Simmer gently, stirring, until thickened. Serve over chicken. Makes 4 servings.

JELLIED CHICKEN LOAF

1 large chicken (5 or 6 lbs.)
1 teaspoon celery seed
1 tablespoon plain gelatin
1 cup of diced celery
⅓ cup pecan meats, broken
1½ teaspoons salt
¼ teaspoon black pepper
1 small sweet green pepper cut in small pieces
3 hard boiled eggs

Cook chicken until meat falls from bones. Remove from heat and take out skin and bones. Return skin and bones to broth and cook 20 minutes longer. Then cut chicken into small pieces and mix with nuts, diced celery, and pepper. Drain broth and remove all fat possible. Soak gelatin in ¼ cup cold water 5 minutes; then add hot broth. When gelatin has dissolved, combine with all other ingredients, adding sliced boiled eggs last. Place in mold or deep pyrex dish, set in refrigerator until set or stiff enough to serve. Will serve 12 people.

DEVILED CHICKEN

2 to 2½ lb. broiler-fryer chicken
½ teaspoon salt
1 teaspoon prepared mustard
4 tablespoons butter or margarine
½ teaspoon paprika
1 tablespoon vinegar
2 slices white bread

Preheat your broiler. Split the chicken in half, place on a piepan, skin side down and sprinkle with salt. Broil 4 inches from unit until nicely browned, then turn and spread the skin side with mustard and 2 tablespoons butter or margarine. Sprinkle with paprika and vinegar and broil 8 to 10 min. longer.

Crumble the bread fine and cook in remaining butter or margarine until fat is absorbed. Turn oven heat to 350 degrees, scatter crumbs over chicken, transfer to oven and bake 35 minutes or until tender. Serves 2.

FRIED CHICKEN WITH MOLE SAUCE

2 2½ lb. fryers, cut up. (Save giblets, necks for later use.)

Dip chicken in water, leave wet; dip in 3 or 4 tbsp. flour with salt and pepper to taste sifted in. Cover chicken with as much flour as will cling to it. Fry in hot fat, 1 in. deep, until golden brown. Cook 1 cup rice until fluffy. Serve with Mole Sauce over the chicken which is placed around the rice. Serves 8.

Mole Sauce:

Put the following through a food chopper: 2 green peppers, cut into strips; 2 large onions, cut into sections; ½ cup shelled almonds; 2 peeled cloves of garlic; 1 qt. canned tomatoes; ¼ cup coarse cracker crumbs and a 2-oz. jar of pimento. Put ¼ cup of olive oil in a saucepan. When hot, add the ground mixture. Then add 1 cup of stock made from a cup of water and 2 bouillon cubes. Season with 1¼ teaspoons salt, 1 tablespoon chili powder, dash of pepper, pinch of cloves, and a pinch of cinnamon. Add more seasoning to taste as it cooks. Cook slowly about an hour, stirring occasionally so it won't stick.

GRILLED CHICKEN

2 broiling chickens, 2½ lbs. each
¼ cup melted butter or margarine
2 tablespoons lemon juice
2 teaspoons paprika or curry or chili powder (whichever suits your taste best)
Salt and pepper

Split and clean chickens and remove the backbone and neck. The halves will then lie flat and cook more evenly. Combine melted butter, lemon juice and one of the seasonings. Sprinkle the chicken with salt and pepper. Brush pieces with butter mixture. Place on grill with bone side or inside nearest the hot coals. When inside is well browned, brown skin side. Continue cooking, turning and basting often. Allow about 45 minutes in all. To test for doneness, cut into thick part of drumstick. If it cuts easily and no pink is visible, chicken is done. Brush pieces with sauce before serving. Serves 4.

OVEN FRIED CHICKEN

Disjoint 1 large or 2 small fryers. Select a pan that is just large enough to accommodate the chicken without overlapping any of the pieces. In the pan melt 3 tablespoons butter. Preheat the oven to 350 degrees. Mix together ¼ cup flour, 2 teaspoons dry mustard, 1 teaspoon paprika, ⅛ teaspoon black pepper and 1½ teaspoons salt. Put this into a paper bag, mix, and toss the chicken pieces in one at a time. Lay the floured chicken pieces in the pan without overlapping and turn in the butter just once. Dot small

pieces of butter over the chicken. Bake 35 minutes for small chickens, 45 minutes for large. Turn the chickens over once during this time. Then turn the oven to very hot, 450 degrees, and bake 10 to 15 minutes longer or until the chicken is golden brown and bubbly.

NEW ENGLAND CHICKEN CASSEROLE

3 to 4 lb. roasting chicken
¼ cup flour
½ cup butter or margarine
2 teaspoons salt
¼ teaspoon pepper
3 carrots
24 small white onions
1½ teaspoons sugar
12 mushrooms
2 cups heavy cream

Disjoint chicken and coat with flour. Melt ¼ cup butter or margarine in a large skillet. Add chicken along with 1 teaspoon salt and ⅛ teaspoon pepper. Fry until golden brown on all sides. Transfer to a casserole.

Start your oven at 350 degrees. Cut carrots in thin slices and cook in a little boiling salted water until tender. Drain and add to chicken. Toss peeled whole onions in 2 tablespoons melted butter or margarine and cook until they begin to brown slightly, sprinkle sugar over onions and continue cooking until onions look caramelized. Shake the pan frequently so that onions toss around and glaze evenly. Now add onions to chicken. Lastly cook mushrooms in remaining 2 tbsps. butter or margarine until lightly browned. Toss in with the chicken. Sprinkle in remaining salt and pepper. Heat cream in the same skillet you used for the chicken and pour over chicken combination. Cover and bake 1¼ hours. Delicious served with rice or tiny new potatoes, new peas and hot biscuits!

PLANTATION CHICKEN DINNER

3-lb. frying chicken, cut into pieces
¼ cup flour
½ teaspoon salt
¼ teaspoon pepper
¼ cup cooking oil
½ cup chopped onion
¼ cup chopped green pepper
1 clove garlic, minced
3 carrots, sliced
3 stalks celery, sliced
2 8-oz. cans tomato sauce
1 cup water
¼ teaspoon basil
1½ cups elbow macaroni, uncooked

Sprinkle chicken with mixture of flour, salt and pepper. Brown in heated oil in heavy skillet. Remove from pan. In same pan, saute lightly onion, green pepper, and garlic. Add remaining ingredients, except macaroni, and simmer 10 minutes. Put macaroni in large, lightly greased casserole. Cover with chicken. Pour skillet sauce mixture over all. Cover and bake in moderate oven (325 degrees) for 1 to 1½ hours or until chicken and vegetables are tender. Makes about 4 servings.

SCALLOPED CHICKEN

1 3-lb. hen
2 tablespoons butter
2 tablespoons flour
1 pint rich milk
1 can mushrooms
2 eggs
1 tablespoon Worcestershire sauce

Boil the chicken and cut it up. Melt the butter and flour together and add the milk gradually, stirring constantly until the mixture thickens. Put in the chicken, mushrooms, the beaten egg yolks; add salt and pepper to taste. Let it cook 10 minutes, then add Worcestershire sauce and beaten egg whites. Allow to cook 10 more minutes and serve very hot.

SMOTHERED CHICKEN

2 broiler-fryer chickens, 3 to 4 lbs. each
4 small onions
¼ cup butter or margarine
1 teaspoon salt
Dash pepper
1 cup chicken stock
2 tablespoons flour
½ cup cream

Cut chicken in serving pieces; peel onions but leave whole. Melt 3 tablespoons butter or margarine in a large skillet or Dutch oven, toss in the onions and cook about 5 minutes. Now add the chicken pieces (lift the onions on top of them), sprinkle with salt and pepper, cover tightly and cook over a high heat for about 10 minutes or until chicken turns golden brown. Pour in stock or bouillon mixture, reduce heat, cover and cook slowly for 1 to 1¼ hours or until tender.

Transfer chicken to serving platter and keep it warm while you make the gravy. Work flour and remaining butter or margarine together until smooth. Add to chicken stock and cook, stirring constantly, until gravy bubbles. Add the cream, heat but don't boil and pour over chickens. Serves 6.

SOUTHERN FRIED CHICKEN

Select 2 two-lb. chickens, disjoint them. Rinse well, sprinkle with salt and black pepper, dredge well with flour. Have fat 1 inch deep in skillet, when very hot add chicken. Cover and reduce heat. Cook until brown on both sides and tender.

BAKED DOVE

4 doves
4 teaspoons salt
4 teaspoons butter
2 teaspoans bacon drippings
1 orange sliced

Dress doves. Wash well, split down back; rub in salt and pepper. Dip in melted butter and bacon drippings. Roll in flour. Place in roasting pan and cook for 1 hour at 350 degrees. Baste frequently with butter and drippings. Put sliced orange in gravy just before serving.

BARBECUED RABBIT

2 rabbits, dressed

Boil in salt water (enough to cover) with 1 stalk of celery, 1 sliced medium size onion for 30 minutes. Discard the liquid. Put in broiler pan on rack uncovered. Make barbecue sauce as follows and baste the rabbit frequently until done.

Barbecue Sauce:

1 cup vinegar
1 stick butter
1 teaspoon salt
½ pimento pepper, chopped
½ cup chili sauce

Combine all ingredients in saucepan. Baste rabbit frequently with this.

BRAISED DUCK

1 good sized duck
¼ lb. fat pork
1 carrot, diced
1 medium onion, sliced
1 bay leaf
½ cup chopped parsley
Dash of salt
Dash cayenne pepper

Cut the pork in small pieces and fry; add the vegetables, bay leaf and parsley and cook 5 minutes. Cut up the duck and cook in the fat until brown. Put in a casserole or baking dish, pour the fat and vegetables over it and add 3 cups of boiling water. Cover tightly and cook until tender; adding more water if necessary. Remove the duck from baking dish and thicken gravy with 2 tbsp. flour and 2 tbsp. butter rubbed smoothly together. Season with 1 tbsp. worcestershire sauce. Serve with currant jelly and applesauce.

BROILED QUAIL

Prepare one bird for each guest. Dress quail, split down back. Rub over lightly with salt. Put on rack in broiler pan, skin side up. Melt ½ stick of butter and baste the quail. Cook in oven 350 degrees 15 minutes. Turn flesh side up; baste with butter and cook 15 minutes more.

PHEASANT DELIGHT

Boil 1 pheasant until tender; remove from heat, cool and dice. Make the following sauce: 1 tablespoon butter melted in double boiler; blend in 1 tablespoon flour, ½ cup claret wine, 1 tablespoon worcestershire sauce, salt and pepper, 1 teaspoon paprika. Blend all together and add the diced pheasant; simmer slowly for 10 minutes. Serve over slices of crisp hot toast.

CANTON MONTMORENCY

1 4-lb. to 5 lb. ready to cook duckling, quartered
Duckling giblets and neck
1 No. 3 can pitted, dark sweet cherries, drained
¾ cup port wine
1 cup raw wild rice
¼ cup butter or margarine
¼ cup minced onion
3 tablespoons flour
1 tablespoon meat-extract paste
3 tablespoons currant jelly

1. Start heating oven to 350 degrees. Wash and dry duckling; remove any pin-feathers. In shallow open roasting pan, roast duckling (uncovered without rack, skin side up) 1½ hours or until tender.
2. Make duckling broth by simmering giblets (omitting liver) and neck with 2 cups water, covered about 1½ hours.
3. Also marinate cherries in ¼ cup wine.
4. About 1 hour before serving, wash rice well in 3 changes of cold water. Then add slowly to 4 cups boiling water. Boil, covered, stirring occasionally about 45 minutes, or till rice is tender and water is absorbed. Add 2 tbsp. butter.
5. When done, remove duckling from roasting pan to serving platter. Pour drippings from pan; in pan, melt 2 tbsp. butter, add onion; cook stirring until tender; remove from heat. Stir in flour, meat-extract paste, currant jelly, 1½ cups strained duckling broth, ½ cup wine. Cook stirring, over medium heat, until thickened. Add cherries in wine.
6. Serve duckling on wild rice, with sauce poured over. Makes 4 servings.

"POSSUM AND TATERS"

1 opossum dressed. Parboil in salt water with 2 tablespoons of vinegar and 1 small onion diced and 1 stalk of celery for 1 hour. Remove opossum from parboil water and discard the liquid. Put opossum in roaster pan, sprinkle with flour, salt and pepper. Dot with butter and bake at 350° until tender. Baste with butter and bacon drippings. Bake 4 medium sweet potatoes, cut in half lengthwise and serve as a garnish with the possum. Make gravy in the roasting pan. Serve over "possum and taters".

ROAST DUCK

1 4 or 5 lb. dram duck
4 cups toasted bread cubes
¼ cup minced celery
¼ cup minced green pepper
¼ cup minced onion
1 teaspoon salt
Dash black pepper
1 tablespoon ground sage

Dress duck; rub inside with salt; combine remaining ingredients for stuffing. Stuff cavities, neck pocket; tie legs together. Place breast side up on rack in open roasting pan. Do not grease. Add no water. Do not cover. Roast in 325° oven about 40 minutes per lb. To test for doneness, grasp end of leg bone. If thigh bone moves easily, duck is done. Do not prick with fork; this allows juice to escape. Serves 4.

ROAST GOOSE

Preferably get a goose that has been dressed and drawn and hung up for days and nights. Wash the goose and remove the black film from the inside; rub well with salt. Put goose in roaster after filling cavity with 2 cups sliced apples, 2 stalks celery cut up fine and 1 medium size onion and 2 tablespoons vinegar. Let boil for 1 hour. While goose is boiling, make the following stuffing:

3 cups toasted bread cubes
2 tablespoons butter
2 eggs beaten
1 cup chopped onion
1 cup chopped celery
2 tablespoons bacon drippings
Enough hot water to combine ingredients

Remove goose from roaster; discard the parboil mixture. Stuff the goose with the dressing; put back in roaster without any liquid, but baste with butter and cook until when leg is pulled it moves easily—the goose is then done. If there is any dressing left, make in patties and serve around goose. Make gravy with a little browned flour dissolved in water and put in the roaster drippings. Cook until thick enough. Spiced crabapples are nice to serve with goose!

ROAST TURKEY

Temperature Time Chart: 8-10 lbs. 17 minutes per lb. 12-15 lbs. 15 minutes per lb. If meat thermometer is used, turkey is done when 200° F. registers on thermometer.

If turkey is frozen, let thaw completely before cooking. Rub inside of turkey well with salt and fill with stuffing, truss and wrap in aluminum foil. Put in roaster. Do not cover and cook according to chart above. 45 minutes before turkey is done remove aluminum foil; return to oven and brown thoroughly. Select from the following dressings:

Bread Stuffing:

1½ loaves pullman bread, toasted and cubed
1 medium sized onion, chopped fine
2 cups finely diced celery
Enough stock made from cooked neck and giblets to soften the bread cubes
2 beaten eggs
Salt and pepper to taste
1 stick of butter

Oyster Stuffing:

Use same amount of bread and other ingredients in bread stuffing and add 1 pint of oysters.

Chestnut Stuffing:

1½ lbs. French chestnuts
1 stick butter
3 cups toasted bread crumbs
1 cup milk
2 eggs, well beaten
1 cup turkey stock
Salt and pepper to taste

Make any left over dressing into patties and use as garnish for turkey.

SMOTHERED SQUIRREL

Dress squirrels, 1 for 4 guests. Parboil 15 minutes. Roll in flour, dip in melted butter; place in uncovered roaster; add ½ cup water, 1 teaspoon salt. Cook at 400° for 30 minutes. Baste with butter often. Turn each piece until slightly browned.

STUFFED SQUAB

4 squabs
2 tablespoons butter
2 cups bread cubes, toasted
1 cup chopped onions
1 cup water
2 tablespoons vinegar
½ cup chopped celery
1 tablespoon salt
¼ teaspoon black pepper

Cut giblets in small pieces and boil with onions and celery for 15 minutes. Moisten bread cubes with vinegar; add to giblet mixture. Stuff squabs. Brush with butter and sprinkle with flour and paprika. Place in covered roaster and bake 45 minutes at 425° F., reduce heat to 400° and bake 30 minutes longer. Baste frequently. Delicious served with asparagus and tomato salad!

TURKEY HASH

2 or 3 cups left-over turkey
Make stock from turkey bones
1 can celery soup
2 boiled eggs, chopped
½ teaspoon onion salt
1 can sliced mushrooms (optional)

Put all ingredients in heavy saucepan. Cook 15 minutes or until thickened. Serve on rice or tosted bread.

TURKEY INDIENNE

Saute ½ cup chopped green pepper in 2 tbsp. shortening. Blend in 2 tbsp. flour, ½ tsp. curry powder (optional), 1 can onion soup, ½ cup water. Cook slowly till thick; stir constantly. Add 2 cups diced cooked turkey, 4 oz. can sliced mushrooms. Simmer 10 minutes. Serve over rice. Makes 4 servings.

TURKEY SHORTCAKE

Combine 1 can Cream of Chicken soup with ¼ cup milk, 1 cup finely diced cooked turkey, ½ cup cooked green peas, and 1 tablespoon chopped pimento. Cook over moderate heat stirring occasionally. Serve over split and buttered biscuits. Makes 4 servings.

TURKEY PILAF

½ cup butter
1 medium onion, thinly sliced
1 teaspoon salt
1 cup raw regular rice
½ teaspoon pepper
2 cups chicken bouillon
2 cups diced cooked turkey
½ cup shredded sharp cheese
¼ cup thinly sliced green pepper

Cook onion in butter in a skillet until golden. Add rice, salt and pepper to skillet and cook slowly for 3 minutes, stirring. Add bouillon and bring to a boil. Add turkey. Cover and cook over low heat or turn into a casserole, cover and bake in a 375 degree oven for 30 minutes or until rice is tender. Remove and stir in cheese and green pepper. Return to ovn and cook 15 minutes longer. Makes 6 servings.

MEATS

BEEF

BARBECUED MEAT LOAF

1½ lbs. ground beef
1 cup fresh bread crumbs
1 onion, finely chopped
1 egg
1½ tsp. salt
¼ tsp. pepper
2 cans Tomato Sauce
½ cup water
3 tbsp. vinegar
3 tbsp. brown sugar
2 tsp. Worcestershire

Mix together beef, crumbs, onion, beaten egg, salt, pepper and ½ can tomato sauce. Form into loaf and put in shallow pan, about 7 x 10 inches. Combine the rest of the sauce and all other ingredients. Pour over loaf. Bake in moderate oven (350° F.) 1 hour and 15 minutes. Baste occasionally. Makes 4 to 6 servings.

BEEF A-LA-STROGANOFF
(Russian)

1 lb. round steak cut ¾ in. thick
2 tbsp. melted fat
4 tbsp. flour
1 8-oz. can mushrooms, sliced
1 tsp. salt
⅛ tsp. pepper (black)
2½ cups sour cream

Cut steak in 1 inch cubes, dredge well with flour, salt and pepper. Saute in shortening in heavy frying pan until well browned. Add sour cream, stirring in gradually; cover, simmer 1 hour until tender. Add mushrooms, bringing gravy to a boil. Serves 6.

BRESLAU OF BEEF

2 cups cold, chopped beef
1 cup stock
2 tbsp. butter
⅛ cup bread curmbs
1 cup cream
1 tbsp. parsley
Salt and pepper
Yolks of 3 eggs

Beat the eggs and chop the parsley; then mix all the ingredients thoroughly. Brush custard cups with melted butter. Press the beef mixture into them. Partly fill a shallow pan with boiling water. Stand the cups in this and bake for 3 min., or until firm in the center.

BRUNSWICK STEW

Boil 1 4-lb. hen until tender; cut chicken in ½ in. cubes. Save the stock. Cook one beef soup bone until meat is tender. Remove from heat; cool and cut the meat fine.

2 cans tomatoes
2 cups cubed white potatoes
1 cup chopped celery
2 cups small green butter beans
2 cups onions, chopped fine
2 cups small grain corn
1 tbsp. salt
2 tbsp. black pepper
1 cup tomato catsup
1 tbsp. worcestershire sauce

Put the stock from chicken and beef bones in a heavy pot. Add the chicken, beef, and all other ingredients except the corn. Cook over low heat, stirring constantly or it will scorch, which would ruin the stew. When quite thick add the corn, cook 10 minutes longer and serve while hot.

Corn bread, hush puppies, crackers or rolls is nice to serve with the Stew.

CHILI CON CARNE

3 cups kidney or pink beans
2 qts. cold water
1 lb. ground chuck, neck, round, or rump beef
¼ cup salad oil or fat
2 cups minced onion
1 minced, peeled clove garlic
2 tbsp. salt
¼ tsp. cayenne pepper
4 tsp. chili powder
1 No. 2½ can tomatoes

Wash beans; pick over, and soak in cold water overnight. Cover, and bring to boil in same water. Then reduce heat and simmer until beans are easily pureed with a fork—about 30 minutes. Add ground beef, salad oil, minced onion, garlic, tomatoes, chili powder, cayenne pepper, salt. Cook over slow heat 1 hour or until tender.

CHILI STEW

1 cup sliced onions
1 clove garlic
2 medium sized green peppers
4 tbsp. hot bacon drippings or olive oil
1 lb. ground beef
1 No. 2 can red kidney beans
1 No. 2 can tomatoes
1½ tsp. salt
½ tsp. black pepper
½ tsp. celery salt
Dash cayenne pepper
½ tsp. chili powder

Cook onion, garlic and green pepper in hot fat until soft. Add meat; stir until brown and crumbly. Add vegetables and seasonings. Simmer ½ hour. Stir occasionally. Serves 6 to 8.

CREAMED DRIED BEEF

½ lb. dried beef
2 tbsp. butter
1 cup milk
1 can mushroom soup
1 tbsp. flour
1 egg
4 tbsp. grated cheese

Place the butter and milk in a small frying pan. When hot add the mushroom soup and beef shredded. Cook 3 min. Rub the flour smooth in a small amount of milk, add a dash of pepper and the grated cheese. Stir this into the beef. As soon as it thickens, reduce the heat and add the well-beaten egg. The hot sauce will cook the egg. Make a mound of 2 cups of hot cooked rice and spread over this 2 cups of hot diced buttered carrots. Pour the creamed beef mixture around this.

DEVILED SWISS STEAK

Mix 1 tbsp. dry mustard with ½ cup flour. Pound into a 1½ pound 1-inch thick piece of top round steak. Season with salt and pepper. Brown on both sides in a little fat. Place in a small roaster. Pour over it 1 cup sliced onions, 1 carrot, diced, 1½ cups canned tomatoes, 2 tbsp. worcestershire sauce and 1 tbsp. brown sugar. Cover. Bake in moderately slow oven (325° F.) about 1½ hours. Serves six.

FILET MIGNON

A Filet Mignon is a slice cut from a tenderloin of beef. It should be cut at least an inch thick as it is broiled or pan-broiled just as a steak. Broil or pan-broil from 15 to 20 minutes, depending on the thickness. When done, arrange on a hot platter and cover each filet with soft butter to which has been added 1 tsp. parsley, 1 tsp. chopped olives, and 1 tsp. lemon juice for each tablespoon of butter.

FILLET OF BEEF WITH MUSHROOM SAUCE

A 3-pound fillet will serve 6 to 8 persons. Lard upper side of fillet with a larding needle. This is done by filling the needle with strips of salt pork about 2 inches long and ⅛ inch wide and running the pork in rows about an inch apart with the grain of the meat. The larding may be done at the market. In the bottom of a roasting pan put 1 small onion, 1 carrot, 1 stalk celery, cut in small pieces. Add 4 cloves, ½ bay leaf, 3 peppercorns, and ⅛ cup of water in which has been dissolved 1 tsp. salt. Place fillet in pan and cook for 30 to 40 min., basting frequently. More boiling water may be added if necessary. Serve with the following sauce:

2 tablespoons butter
2 tablespoons drippings
4 tablespoons flour
1 teaspoon Worcestershire sauce
Dash of salt
2 cups brown stock, or
2 cups water with 2 tsp. beef extract
1 can mushrooms

FRENCH STEW

Pour 1 cup red wine, ¼ cup brandy and 2 tbsp. olive oil into a covered china dish. Marinate in refrigerator for 24 hours in this liquid 3 lbs. beef shank, cubed, ½ lb. salt pork cubed, 2 onions, sliced, 2 carrots, diced, 1 clove of garlic, 1 sizeable piece of celery, 2 or 3 sprigs of parsley, 1 bay leaf, a pinch of thyme, salt and pepper to taste and a pinch of sugar.

Next day saute in a heavy saucepan with 2 tbsp. olive oil—first salt pork until lightly browned, then the beef and finally add the vegetables. Cook over low heat for 2 hours. It may be necessary to add a little water.

Next saute lightly a large can of mushrooms in 2 tbsp. olive oil and add to stew, along with 2 dozen pitted green olives and 1 large can of tomatoes. Again cover and cook slowly for 1 hour more.

Serve over cooked noodles along with lettuce salad and french bread. Serves 6.

GRILLED SHORT RIBS OF BEEF

5 to 6 lbs. short ribs of beef, cut in 3-inch pieces
1½ cups salad oil
½ cup soy sauce
1 tablespoon sugar
1 clove garlic, crushed

Lay short ribs close together in a flat baking pan. Combine salad oil, soy sauce, sugar and garlic. Pour mixture over meat; turn meat to coat evenly. Cover and let stand in refrigerator 24 to 48 hours. Turn meat several times. When ready to cook, drain meat; reserve marinade. Place meat on grill over hot coals and cook slowly on both sides until browned and tender, about 40 to 50 min. Baste occasionally with some of the marinade. Serves 8.

HUNGARIAN GOULASH

2 lbs. boneless beef (chuck)
4 tbsp. flour
2 tbsp. fat
¼ clove garlic
1 medium Bermuda onion
¾ tsp. caraway seeds
⅛ bay leaf
⅛ tsp. marjoram
¾ tsp. paprika
1½ pints beef stock
¾ cup tomato puree
½ tbsp. salt
⅛ tsp. pepper

Cut beef into 1½ in. cubes; roll in flour, and brown in fat. Chop garlic and onions and add to meat. Saute 10 min. Soak caraway seeds in hot water ½ hour; drain. Tie bay leaf, caraway seeds and marjoram into muslin bag and add to meat. Add paprika, beef stock, tomato puree, salt, and pepper. Cover and simmer 2½ hours. Skim off fat with spoon, and thin gravy with water if necessary. Serve over noodles. Serves six.

ITALIAN BEEF PATTIES

Blend together lightly 1 lb. ground beef, 1 slightly beaten egg, ¼ cup finely chopped green pepper, 1 small minced garlic clove, 1 tsp. oregano, 1 tsp. salt, dash of pepper, ½ tsp. Worcestershire sauce, ½ cup biscuit mix and ⅓ cup tomato juice. Shape into patties and cook over hot charcoal until done, turning only once. Place on buns and sprinkle with parmesian cheese.

Serve with big platter of antipasto salad made of green pepper rings, tomato wedges, spring onions, strips of swiss cheese, celery and carrot sticks, ripe and green olives and anchovies on lettuce. Serve with olive oil and wine vinegar to pour over the top. Top off the litalian style meal with fresh fruit!

MEAT LOAF

1 lb. ground beef
Salt and pepper
1 cup chopped onions
1 egg
2 cups bread crumbs, moistened with water
½ sweet bell pepper, chopped
1 cup chopped celery
¼ cup chopped sweet pickle
½ cup tomato catsup
2 tsp. ground mustard

Mix well all ingredients; put in greased loaf pan and bake at 400° F. about 30 minutes.

RICH HAMBURGER LOAF

¼ lb. salt pork
1 small onion
4 sprigs parsley
2 eggs
2 lbs. lean ground beef
½ cup dry bread crumbs
½ cup prepared horseradish
½ cup tomato catsup
1 teaspoon prepared mustard
¼ teaspoon marjoram
¼ teaspoon thyme
2 teaspoons salt
¼ teaspoon black pepper

Cook the salt pork in a little boiling water for about 5 min., then drain off the water and grind or chop salt pork very fine. Grate the onion, chop parsley fine, beat the eggs slightly.

Now mix all ingredients for the loaf (including ground salt pork) in a large mixing bowl. Pat mixture into a loaf shape and put it into a shallow greased baking pan. Start oven at 350° F. or moderate.

Mix up a sauce using ¼ cup tomato juice and ½ cup bouillon or meat stock. Pour this over loaf. Put a bay leaf, 4 sprigs of celery tops, a small onion cut in half, a small clove of garlic chopped fine in the with the loaf. Top loaf with 4 strips of bacon and bake 1 hour. Baste occasionally with the sauce during baking period.

At dinnertime, transfer meat loaf to a hot serving platter. Spoon a little of the excess fat off the sauce and thicken with a smooth mixture of ½ cup bouillon or meat stock and 2 tbsp. flour. Cook, stirring constantly, until sauce thickens. Pour over loaf and serve to 6.

ROAST BEEF

Buy a standing 2-rib roast (less doesn't roast well). Remove meat from refrigerator about 30 minutes before roasting to allow it to come to room temperative. Place in a shallow roasting pan, fat side up, insert meat thermometer if you have one and then sprinkle meat with salt and pepper.

Start oven at 325° F. or slow and roast the beef without a cover, without water, without basting or turning until the thermometer reaches the degree of doneness you like: 140F rare, 160F medium, 170F well done. Without a thermometer allow 20 minutes per pound for rare, 27 minutes per pound for medium, 33 minutes per pound for well-done. Serves 6.

ROAST SIRLOIN OF BEEF

Wipe Sirloin tip of beef off with damp cloth, do not wash, and rub with salt. Put in roaster on rack; cook by meat thermometer or 300°F. until the type of roast you desire is done—that is, rare, medium, or well-done—20 min. per lb. is the most popular timed roast. Remove roast to hot platter; make gravy in water from juices dropped from roast. Cook carrots, onions and potatoes separately. Garnish roast with these vegetables with the gravy poured over them.

SALISBURY STEAK

1 lb. chopped beef
1 teaspoon salt
¼ teaspoon pepper
½ cup cream
Fresh bread crumbs

Mix beef with seasonings and cream, form lightly into individual steaks or into 1 large steak. Coat lightly with crumbs and broil 6 to 8 min. in oven, turning once; or in hot frying pan, turning frequently. Place on hot platter. To fat in frying pan add ½ cup boiling water, bring to boiling point and pour over steak.

SAVORY SMOKED TONGUE

¼ smoked beef tongue (about 3 lbs.)
¼ cup vinegar
12 whole cloves
1 onion, sliced
2 tbsp. sugar
2 bay leaves
1 tbsp. worcestershire sauce

Wash tongue, put in kettle and cover with cold water; bring to a boil and pour off water. Then add enough cold water to cover two-thirds of the tongue. Add other ingredients; cover and simmer for 3½ hours or until tongue is tender. Remove from heat. Cool in liquid. Remove skin; chill and cut in thin slices.

SHORT RIBS OF BEEF

In a hot frying pan brown all sides of 4 pounds of short ribs of beef. Place in a large casserole; add 2 slices of onion; sprinkle well with salt and pepper; Cook slowly in the oven for three hours. Remove to a platter; thicken the liquid in the casserole, using 1½ tablespoons flour to each cup of liquid in the casserole; pour around the beef; add boiled potatoes, beets, turnips, carrots, peas and browned onions. The beets, turnips, and carrots should be diced or cut with vegetable cutter.

SPAGHETTI (ITALIAN)

4 tbsp. butter
4 tbsp. olive oil
2 tbps. chopped parsley
4 medium chopped onions
4 cloves chopped garlic
2 small cans tomato puree
4 cans Spanish sauce or tomato paste
2 tsp. Worcestershire sauce
2 pounds ground beef
2 pounds Italian spaghetti, long and very thin

Cook first five ingredients together until onions are soft; add tomato ppree, Spanish sauce or tomato paste, and Worcestershire sauce; bring to boiling. Fry meat until well browned and add. Simmer over very low heat three hours. Cook spaghetti in boiling, salted water; rinse with hot water and drain. Put on warm serving platter or individual plates, pour sauce over top and sprinkle with grated Parmesan cheese. (Serves 8.)

SPECIAL CHOW MEIN

¾ lb. lean veal cutlet
¾lb. lean beef round steak
2 tbsp. salad oil
4 large ribs celery, cut thin
2 small onions, cut into small strips
1 small green pepper, cut into thin strips
2 tbsp. cornstarch
¼ cup soy sauce
¼ cup water
2 tbsp. molasses
½ tsp. dry mustard
½ tsp. ground ginger
1 5-oz. can water chestnuts, sliced
1 1-lb. can bean sprouts
1 5-oz. can bamboo shoots
1 4-oz. can button mushrooms

Cut meats into strips about 2 inches long and half inch wide. Cook in salad oil until lightly browned. Add celery, onion and green pepper. Cook a few minutes longer. Blend cornstarch with soy sauce, water, molasses, mustard and ginger and stir into mixture. Add undrained chestnuts, bean sprouts, bamboo shoots and mushrooms. Cook covered, over low heat 20 min. or until meats are tender. Serve with rice and chow mein noodles. Makes 4 large servings.

For chicken and veal chow mein, omit beef and add 2 cups cooked chicken cut into slivers but do not brown the chicken with the veal.

SUKIYAKI (JAPAN)

2 lbs. thinly sliced beef
2 large bunches green onions
1 medium bunch celery
Large piece of beef suet
1 cup soy sauce
2 medium cans bean sprouts
4 tbsp. sugar
Salt to taste
½ tsp. black pepper

Wash and slice onions and celery. Put suet in large heavy saucepan (covered) and fry out fat. Add meat and stir until partially browned; then put in soy sauce, salt and pepper. Add onions and celery. Cook for about 15 min. or until tender, then add undrained bean sprouts; cook for 5 min. more. Dip vegetables and meat out of liquid. Serve over hot rice, which has already been prepared. Serve liquid as gravy.

SWEETBREADS WITH BROWN BUTTER

Simmer sweetbreads about 20 min. in boiling salted water to which a little vinegar has been added (1 tablespoon vinegar per quart of water). Drain and cover with cold water. Drain thoroughly. Cut sweetbreads into nuggets about the size of plump oysters and cook until golden in a little butter in a heavy skillet. Remove sweetbreads from skillet and arronge on slices of hot toast. Sprinkle swettbreads with salt and pepper. Add additional butter to skillet and cook over medium heat until browned. Add the juice of a lemon, heat and pour immediately over sweetbreads.

SWEETBREADS en BROCHETTE

½ lb. veal sweetbreads
12 small mushrooms
3 tbsp. fresh, frozen or canned lemon juice
1 tsp. Worcestershire sauce
½ tsp. salt
⅛ tsp. pepper
¼ cup melted butter or margarine
Snipped parsley

1. Day before: Drop sweetbreads into boiling water (salted); simmer, covered, 25 min. Then place them in cold water; remove membranes and veins. Cut into 12 chunks; refrigerate, covered.
2. Meanwhile, remove stems from mushrooms. Place mushroom caps in bowl; combine lemon juice, Worcestershire, salt and pepper; pour over mushrooms; refrigerate, tossing occasionally.
3. About 30 min. before dinner: Preheat broiler 10 min. or as mfg. directs. Roll up each bacon slice. On each of 3 10" skewers, string sweetbread chunks, mushroom caps, then bacon rolls; in shallow open pan arrange side by side; brush with some butter. Broil 6" from heat, often turning and brushing with butter, 15 to 20 min. or until sweetbreads are golden and mushrooms done. Pour on remaining butter; sprinkle with parsley. Makes 2 servings.

SWEETBREADS WITH LIVER

2 lbs. calf's liver
1 lb. sweetbreads
½ lb. chicken liver
1 can mushrooms, sliced
¼ lb. butter

Parboil the sweetbreads and set aside; cook the liver in a hot skillet with ½ cup olive oil, turn liver with spatula, cook 8 min. Place on a platter in a warm place. Now put the chicken livers in the hot skillet, then the chopped sweetbreads, then the mushrooms, a dab of Worcestershire sauce, minced parsley, speak of garlic, salt and pepper to taste. Cook 10 min.; pour over the liver, piping hot!

SWISS STEAK DINNER

1½ pounds round steak
About 3 tbsp. flour
2 tbsp. shortening
1 onion, chopped
¾ cup chili sauce
1½ cups tomato juice
1½ tsp. salt
¼ tsp. pepper
1 clove garlic, minced
1 tsp. Worcestershire sauce
1 No. 2 can whole onions
1 No. 2 can whole potatoes

Preheat skillet at 6 (425"F). Cut steak into serving pieces. Dredge with flour and pound flour into steak with a mallet. Heat shortening in skillet and brown meat on both sides. Combine onion, chili sauce, tomato juice, salt, pepper, garlic and worcestershire and pour over meat. Reduce heat to 2½ (212"F). Cover and cook 1¼ hours. Drain onions and potatoes. Add to steak in skillet. Cover and cook 15 minutes. Serves 4 generously.

BROWN STEW OF LAMB

2 lbs. lamb
2 onions, medium size
2 carrots
2 stalks of celery
2 tbsp. bacon drippings
1⅓ tbsp. flour
1½ pints of water or stock
Salt and pepper to taste

Cut the lamb in pieces convenient for serving. Peel the onions; scrape the carrots; wash and scrape the celery. Melt the drippings in a heavy saucepan, fry the meat golden brown on both sides; put in the flour and brown it also. Add the stock or water and stir until it boils; then put in the lamb and prepared vegetables. Season to taste and cook slowly for about 2 hours. It may take a little less cooking time—that will depend on the meat.

CURRIED LAMB WITH MACARONI

1 lb. lamb shoulder
½ lb. macaroni
2 cups milk
2 tbsp. butter
2 tbsp. flour
2 tbsp. curry powder
1 tsp. salt
¼ tsp. pepper

Have shoulder of lamb cut as for stewing. Brown in a hot skillet, add a small amount of water, cover and cook slowly until tender. Cook macaroni until tender in boiling salted water; drain and rinse in cold water. Melt the butter in a saucepan, add flour, curry powder, salt and pepper and blend thoroughly. Add the milk gradually, stirring constantly; cook until the sauce is slightly thickened and of a creamy consistency. Into a buttered casserole put first a layer of macaroni, then one of lamb and curry sauce. Repeat until all is used. Cover and bake in a moderate oven for about 1 hour.

LAMB BRETONNE

1 cup white beans
½ tsp. salt
1 small onion
2 tbsp. lamb fat
1 small can tomatoes
½ cup left-over gravy
Cold roast lamb

Soak beans in water to cover, drain, cook in boiling salted water until tender, and drain again. Chop onion and cook 5 min. in lamb fat. Drain canned tomatoes and rub ½ cup of the pulp through a sieve. Save juice for soup or stew. Add strained pulp to the onion with left-over gravy. Stir until it boils, add the beans and when thoroughly hot, serve in the center of a platter. Cut cold roast lamb in slices and heat for 5 min. in lamb gravy. Serve around the mound of beans and garnish with parsley or celery tips.

LAMB CHOP BROIL

6 loin lamb chops cut 1" thick
3 tomatoes, halved
¼ cup chopped onion
6 pear halves
Parmesan cheese
5 tsp. mint jelly
Salt, pepper
Canned whole kernel corn
Parsley

Drain pear halves thoroughly. Brush lightly with melted butter. Brush tomato halves with butter. Spread 1 tsp. chopped onion on each half, season with salt an dpepper; sprinkle with grated cheese. Arrange lamb chops in two rows down center of broiling rack. Place corn in broiling pan. Place pan on oven rack 3 inches from broiling unit. Switch to broil. Broil chops for 8 min. and turn. Arrange tomatoes on either side of chops. Arrange pear halves alongside tomatoes. Continue broiling 9 min. Remove to serving platter. Place ½ tsp. mint jelly in hollow of pear. Garnish. Serve.

CURRY OF LAMB

5 or 6 lb. leg of lamb
1 clove garlic
1 medium onion, diced
2 tbsp. butter
2 stalks celery, diced
2 cans mushrooms
½ tbsp. curry
2 tbsp. water
2 tsp. salt
1 tsp. black pepper

First Day: Cut narrow gashes in roast, insert small bits of garlic. Bake leg of lamb in open roaster at 350" until the meat starts to brown; salt and pepper that side and turn it over; adding more garlic if desired and small amount of water. Bake in open roaster until this side browns. Add other half of salt and pepper and cup of water. Bake until meat is tender. When cool place in refrigerator. Save all juice in roaster.

Second Day: Cut up lamb as desired. Brown onions in melted butter, add celery, and mushrooms; let simmer to blend. Thicken pan juice as for a thin gravy and combine onions and mushrooms mixture; heat thoroughly. Add lamb and simmer until thoroughly heated again. Serve with boiled rice with India relish or hard boiled eggs.

LAMB STEW

2 tbsp. fat
1 clove garlic
2 tbsp. flour
4 medium mushrooms, sliced
3 medium carrots, cut in 1½" pieces
10 small onions
1 tsp. sugar
5 medium potatoes, diced
3 tbsp. sherry
1 cup cooked peas
2 lbs. lamb, cut in pieces
Salt and pepper
2 cups water
1 bay leaf
Few sprigs parsley

Heat fat in heavy skillet. Season meat with salt and pepper and brown. Save excess fat to use later. Lower heat, add garlic and sprinkle flour over lamb. Cook gently until all the flour has been absorbed. Stir in 2 cups of water and 2 tbsp. tomato paste and bring to a boil. Pour into a 3 qt. casserole; cover and bake 20 min. Heat saved fat in the skillet and cook mushrooms gently 3 min. and remove. Add onions and carrots to skillet. Sprinkle sugar over to glaze and cook until they glisten. Add mushrooms, carrots, onions and potatoes to the meat and bake 1 hour or until lamb and vegetables are tender. (350° oven). Pour in wine and peas just before serving.

LAMB CROQUETTES

1 cup thick white sauce
1 tsp. minced parsley
1 tsp. minced onion
2 cups ground cooked lamb
½ tsp. lemon juice
½ tsp. salt
½ tsp. pepper
1 egg
1 tbsp. water
Bread crumbs
Salad oil

Combine sauce, parsley, onion, cooked lamb and lemon juice; mix well. Add salt and pepper. Chill well several hours or overnight. Divide chilled croquette mixture into 8 portions. Shape into cylinder, cone or ball. Add water to egg and blend. Roll croquettes in bread crumbs; then in egg, then in crumbs again. Chill. Fry in deep fat a few at the time, browning on all sides. Makes 8 croquettes.

LAMB STEW WITH CREAM

3 lbs. shoulder lamb
2 small onions
2 tbsp. fat
2 cans tomato pulp
2 tbsp. chopped parsley
1 cup thick sour cream
Salt
Paprika

Heat the fat, add the onion cut fine and the meat rubbed with salt and paprika. Brown the meat and onion and then add the tomato pulp and parsley. Cook the meat slowly for 2 hours, adding water only if necessary. Just before serving add the sour cream and blend well with the sauce.

LAMB TERRAPIN

2 cups cold lamb, diced
2 tbsp. butter
1 tsp. dry mustard
1 tbsp. flour
1 tbsp. Worcestershire Sauce
1 cup stock or water
2 hard-cooked eggs
½ cup cream

To make the sauce, blend the mustard, flour, salt and butter; add the stock or water, cream, and Worcestershire sauce; bring to the boiling point, and cook for 5 minutes. Add the meat, the yolks of the hard-cooked eggs, put through a sieve; heat, and add the whites of the eggs, cut in small pieces. Serve on toast.

ROAST LEG OF LAMB

Remove the fell from leg of lamb. Put in roaster with 2 stalks of celery, 2 medium onions, sliced, salt and pepper. Boil slowly for 30 minutes. Remove joint from roaster and discard this parboil solution. Put lamb back in roaster after it has been lightly covered with prepared mustard. Pour over it ½ cup butter with ½ cup bacon drippings; sprinkle lightly with flour and bake at 350° for 1 hour. Serve with mint jelly.

RAGOUT OF LAMB WITH SUMMER SQUASH

2 lbs. lamb from shoulder or breast
1 onion
1 medium sized summer squash
1 sweet green pepper
2 stalks celery
4 medium-sized potatoes
½ tsp. powdered thyme
¼ tsp. powdered marjoram
Bit of bay leaf
Garlic
Salt

Cut the meat into small cubes and place in a deep baking dish. Cook in a hot oven until well browned. Add the onion cut in cubes, and the summer squash, sliced, sweet pepper and celery, cut in small pieces, and the other seasonings. Sufficient flavor of garlic is had by rubbing the dish with a bruised clove of garlic, or by adding a single slice from one of the cloves. Cover the dish and allow the vegetables to cook for an hour with the meat, without the addition of water. Then add the potatoes cut in slices. Cover the dish again and cook until the potatoes are done.

ROAST SADDLE OF LAMB—FRESH MINT SAUCE

1. For 6 to 8 servings, order 6 to 7 lb. saddle of lamb.
2. Start heating oven to 325°. Sprinkle lamb with garlic salt and pepper; insert a clove of garlic near the bone.
3. Place lamb in shallow, open roasting pan without rack (use rack if bone has been removed). Lightly brush lamb with bottled sauce for gravy. Insert roast-meat thermometer in thickest part of lamb, away from bone. Roast, uncovered, 1½ to 2 hours, or until roast-meat thermometer registers 170° F. for medium-rare, 180° for well-done. Remove lamb from oven; let stand about 20 min. before carving.
4. Meanwhile, make Fresh Mint Sauce; in skillet, over low heat, melt 1 cup mint jelly. Stir in 1 bunch mint, snipped. Serve warm.

ROAST STUFFED SHOULDER OF LAMB

3½ to 4 lb. lamb shoulder
2 cups dry bread crumbs
1 tbsp. onion, minced
1 tbsp. chopped parsley
1 tbsp. drippings
Salt
Pepper

Have the bones removed from a shoulder of lamb. Wipe the meat with a damp cloth. Make a dressing from the other ingredients; fill the pocket and sew up. Season well the lamb with salt and pepper. Put in a hot oven for 20 min. Add 1 cup hot water; reduce the temperature and cook for 45 minutes. Place peeled and freshly boiled potatoes to brown with the meat. When done remove meat to center of platter with potatoes in a border around it. Make a gravy by smoothing flour into the drippings and adding water.

SHERRIED LAMB CHOPS WITH ORANGES

¼ cup sherry
½ tsp. salt
½ tsp. dry mustard
¼ tsp. pepper
½ clove garlic, minced
3 lamb chops, 1" thick
1 large orange
3 tbsp. brown sugar
2 tsp. sherry

1. Day before: In pie plate, combine ¼ cup sherry, salt, mustard, pepper, garlic. Arrange lamb chops in it; refrigerate, turning meat occasionally.
2. About 30 min. before dinner: Preheat broiler 10 min. Slice unpeeled orange ½" thick; sprinkle with brown sugar and 2 tsp. sherry; set aside.
3. Drain lamb chops, reserving marinade; arrange on broiler rack. Broil, 3" from heat, about 6 min.; turn; pour on reserved marinade; arrange oranges around chops. Broil all about 6 min. or until meat is done and oranges are golden. Makes 2 servings.

LAMB CHOPS, SPANISH STYLE

Cook in a pan until slightly brown ¼ cup butter, add ¼ cup flour and stir over fire until blended; then add 1½ cups rich stock. Cook until thick, and add 2 ounces finely chopped cooked ham and 1 sweet green pepper, minced. Let sauce stand in a warm place while 6 rather thick slices of eggplant are being sauted. Arrange these on a hot platter, place on each one a broiled lamb chop, previously boned and rolled. Pour the sauce over all. Garnish with parsley.

LAMB CHOPS WITH BROILED HAM

Have as many thin slices of lightly broiled ham as of chops. Season lamb chops with salt and pepper. Place in a very hot frying pan. Turn when the under side is seared and sear on the other side. Turn frequently for 10 minutes. Cover the bottom of platter with the slices of ham. Arrange the chops above, placing a paper frill on each one. Place in a warm place. Turn 2 cups of hot boiled rice into the frying pan and stir with a fork until the rice is nicely browned in the lamb fat. Serve on the platter with the chops and ham.

LAMB CHOPS, HAWAIIAN STYLE

Place lamb chops on a well-heated broiler and cook until brown on one side. Turn and cook a few minutes but not until brown; then place a slice of pineapple on each chop and cook until the pineapple browns delicately, for about 5 minutes. If panbroiled, place pineapple on top of chop at once, then change to cooked side when chop is turned.

PORK

BAKED CREOLE PORK CHOPS

Brown 6 pork chops ¾ inch thick on both sides in oven-proof pan or skillet. Place an onion slice and green pepper ring on each chop. Pour 1 can tomato soup over chops. Cover; bake at 350° F. about 45 min. Serves 6.

BAKED HAM WITH PINEAPPLE

Have a slice of ham 3 or 4 inches thick cut from the center. Rub the surface with dry mustard. Stick with cloves. Pour over the ham the juice from a can of pineapple. Cover and cook in a moderate oven from two to three hours according to the thickness. Forty-five minutes before serving time, put in the pineapple slices and let them cook until they are tender and brown. Serve the ham in the center of a platter with the pineapple slices in a border around it.

BAKED HAM—VERMONT STYLE

Take a 12-14 pound smoked tenderized ham. Carefully trim off most of the skin, leaving skin on the shank end. Score the fat in a crisscross pattern, stud here and there with cloves, and paint it all over with maple syrup. Put it in a large open roasting pan and bake it in a slow oven 325° F., allowing 20 minutes to the pound. Around it pour 1 cup maple syrup mixed with ½ cup fizzy cider, and baste the ham every 10 minutes with this mixture. When the ham is baked, decorate it with bright red candied cherries before serving.

BAKED PORK CHOPS

Cook 2 cups whole small white onions in butter until the onions are soft, but not brown. Take 1 tablespoon chopped parsley, yolks of 2 eggs, well beaten, juice of 1 lemon, salt and pepper. Mix all these ingredients together. Place the onions carefully in the bottom of a shallow baking dish; pour the above mixture over them. Lay over the top pork chops which have been seasoned. Spread with buttered crumbs and bake for about an hour or until the chops are well cooked.

BAKED SAUSAGES WITH BAKED APPLES

Place the sausages in the center of a roasting pan. Let them cook for two or three minutes, then pierce each one with a fork. Core tart apples and surround the sausages with them. Return to the oven and cook slowly until the sausages and apples are well baked. Baste the apples and sausages frequently with the drippings in the pan.

BARBECUED SPARERIBS

3 lbs. (2 strips) lean spareribs
Salt and pepper
½ cup finely diced onion
¼ cup diced green pepper
2 cans tomato sauce
1 tbsp. Worcestershire sauce
⅓ cup cider or wine vinegar
¼ cup brown sugar
½ tsp. dry mustard
1 No. 2 can pineapple tidbits (uses tidbits and syrup)

Cut after every third rib, about halfway through the strip. Sprinkle with salt and pepper. Place in shallow roasting pan. Bake in moderate oven, 350° F. for 1¼ hours. Carefully drain off the excess fat. While ribs are roasting, mix remaining ingredients and let stand to blend flavors. Pour over ribs after 1¼ hours baking. Bake 45 to 50 minutes longer, basting frequently to coat ribs with the sauce. Makes 4 servings.

BRAISED PORK CHOPS WITH MUSHROOMS

4 to 6 1" thick loin pork chops
1 tbsp. butter or margarine
1 onion, thinly sliced
1 carrot, thinly sliced
½ cup sauterne
½ cup water or bouillon
¼ lb. mushrooms, sliced
½ cup water
1 tsp. salt
1 tbsp. flour
1½ tsp. butter or margarine

1. In bit of hot fat in large skillet, brown chops on both sides; remove; drain off fat.
2. In 1 tbsp. butter in same skillet, saute onion and carrot 5 minutes; top with chops; add wine, ½ cup water. Bring to boil; cover, simmer 45 min. or until chops are fork-tender.
3. Meanwhile, simmer mushrooms in ½ cup water with salt, covered, 5 min. Let stand.
4. Remove tender chops to serving dish; To liquid in skillet, add mushrooms and their liquid, plus flour blended with 1½ tsp. butter. Cook stirring until thickened. Serve over chops. Makes 4 to 6 servings.

ESCALLOPED HAM

2 cups finely chopped ham
1 cup finely chopped hard boiled eggs
1 tsp. dry mustard
Pepper to taste

Make white sauce, combine ingredients in casserole; cover top with bread crumbs and pieces of butter. Bake ½ hour at 400° F.

FRESH HAM ROAST

Have the bone removed from a fresh ham. Fill the cavity with dressing made by thoroughly mixing the following ingredients:

2 cups corn pulp
2½ cups bread crumbs
3 tsp. powdered celery leaves
¼ cup melted butter
2 tbsp. minced green peppers
1½ tsp. salt
Pepper

Put the meat in a pan and roast in a moderate oven, allowing 25 to 30 minutes per pound. When about cooked coat with egg beaten slightly and diluted with water. Cover with equal parts of fine bread crumbs and brown sugar and continue cooking until the crumbs are brown.

HAM AU MARQUIS

To each slice of cooked ham, prepare the following sauce:

2 tbsp. brown sugar
2 tsp. prepared mustard
4 tbsp. vinegar

Make a paste and spread over the ham and broil it a few minutes.

HOLIDAY HAM WITH FROSTED GRAPES

Buy a 1½ to 1¾ inch thick center slice of ham (about 2½ lbs.) Score fat edge, place on broiler rack set 4 to 5 inches under heat unit. Broil 12 minutes to the side, turning once.

To garnish, dip small bunches of green and red grapes into egg white which has been beaten slightly with 1 tbsp. cold water, then dip into granulated sugar. Let stand 15 to 20 minutes until "frost" sets. Arrange in alternating colors around edge of platter. Serves 4 to 5 persons.

LINCOLN HAM

1 center cut of ham (1¾" thick)
½ cup brown sugar
2 tbsp. prepared mustard
Enough sweet milk to cover
2 tbsp. flour to thicken gravy

Put ham in pan, cover with water, boil for 3 min.; drain off water. Place ham in small baking dish and spread with prepared mustard. Sprinkle with brown sugar and pour in enough milk to cover. Allow to stand 30 min.; then place in oven 350° F. for 40 min. Lift ham once in a while to let milk get under it. If milk bakes away, add a little more (milk will curdle when baking). When baked, remove ham to hot platter. Sift flour into liquid in baking pan. Mix and add ¾ cup milk, place over flame and cook 3 min. Pour gravy through strainer over ham. Serve with sweet potatoes, cornbread or hot biscuits. Serves 4.

PORK CHOP SKILLET MEAL

4 tbsp. fat
4 pork chops (1" thick)
1 tsp. salt
4 slices Bermuda onion (¼" thick)
4 rings green pepper
4 tbsp. uncooked rice
3 cups canned tomatoes
1 cup diced celery

Melt fat in skillet on high. Turn switch on medium low and brown chops well on both sides, about 15 min. Add salt. Place a slice of onion and one pepper ring on each pork chop. Place one tbsp. rice in each ring. Pour tomatoes over the meat; add celery. Cover skillet and when steam appears (about 8 min.) switch to simmer and allow to cook for one hour.

PORK CHOPS AND SCALLOPED POTATOES

Slice enough raw peeled potatoes to fill a baking dish. In a frying pan brown on both sides the required number of pork chops. Remove from the pan and make a thin gravy using milk for the liquid. Pour this over the potatoes, season well with salt and pepper, put the browned chops on top and bake in a moderate oven for 45 min. or an hour.

ROAST LOIN OF PORK

1 5-lb. loin, center cut
1 clove garlic, cut
1 tsp. salt
10 cups thinly sliced potatoes
1 cup coarsely chopped onion
2 tsp. snipped parsley
1 tbsp. seasoned salt
Pinch pepper
½ cup boiling water
3 tbsp. melted butter or margarine
Snipped parsley

1. Start heating oven to 425° F. Trim loin free of all but thin layer of fat.
2. Rub pork with cut garlic and salt. Place pork, fat side up, on rack in shallow roasting pan.
3. Insert roast-meat thermometer through fat side of pork into center (don't let it touch bone).
4. Roast pork 1 hr. at 425° F. Then, reduce oven temperature to 400° F.; remove pork and rack from roasting pan; pour off all fat.
5. In roasting pan, toss potatoes with onion, 2 tsp. snipped parsley, salt, pepper; pour in boiling water; lay pork on top; then brush potatoes with butter.
6. Roast all about 1 hr. or to 185° F. on roast-meat thermometer.
7. On heated platter, arrange roast; serve potatoes in vegetable dish, sprinkled with parsley. Makes 6 servings.

ROAST LOIN OF PORK WITH APPLE RINGS

Carefully wipe the meat. Dredge with flour. Season with salt and pepper. Place in a roasting pan and cook in a moderate oven, allowing 25 min. to the pound. Baste occasionally. Serve with fried apple rings.

Fried Apple Rings: Core, but do not peel, large tart apples. Saute in butter or pork drippings until tender, taking care that the rings are not broken. Remove from the pan and press a preserved chestnut into the center of each ring. Have ready a bread dressing well seasoned with salt, pepper, minced onion and minced green pepper. Put a little rounded mould of this dressing on tenderloin. Add a little hot water, cover and set in a moderate oven for about 30 min. The last 10 min. of cooking, remove the cover so that the dressing will brown. Serve on hot platter garnished with sprigs of parsley.

ROAST PORK SHOULDER

Have the bones removed from a shoulder of pork. Fill the cavity with bread dressing. To make the dressing, soak several pieces of dry bread in hot water, pouring off any water that the bread will not take up. Mash the bread, season with salt and pepper, 1 chopped onion, 2 stalks of celery, finely minced, and a pinch of sage, 1 green pepper, finely chopped. Mix the dressing and stuff the shoulder. Sew up the opening and roast in a slow oven allowing 25 to 30 minutes to the pound.

VEAL

BANQUETTE OF VEAL

2 cups cooked veal, diced
12 mushrooms, sliced
2 egg yolks
Pinch salt and pepper
1 cup tomato soup, undiluted
1½ tbsp. butter
1½ tbsp. flour
½ cup cream

Blend the butter and flour together without browning. Add the tomato soup, salt, pepper and cream. Cook over slow heat until the sauce thickens. Put in the meat and mushrooms and cook 3 minutes. Just before serving, stir in the egg yolks, cook 3 more minutes and serve hot.

CASSEROLE OF VEAL

8 veal chops
8 small new potatoes
8 small onions
1½ sticks butter
1 veal bouillon cube
4 strips bacon

Melt butter in skillet; saute chops in butter. Put in casserole. Add onions which have been cooked with chops and the little new potatoes; add sauted bacon with a little water and bouillon cube. Cover and cook slowly for 30 minutes or until chops are tender. Serve with Bechamelle Sauce. (See Sauces).

JELLIED VEAL

3 lb. veal, shoulder and neck with bones
1 veal knuckle
1 calf's foot
1 onion
2 whole cloves
1 bay leaf
1 tbsp. salt
1 tsp. pepper
Dash cayenne
Dash Worcestershire sauce
8 hard-cooked eggs

Get out a large kettle. Toss in veal, veal knuckle, calf's foot, peeled onion stuck with cloves, bay leaf, salt, pepper and enough water to cover. Cook to the boiling point, cover tightly, reduce heat and cook slowly for 2 to 2½ hours or until meat is tender enough to fall from the bones.

Remove meat from bones, cut in small pieces. Toss bones back into stock, cook very briskly, uncovered, for 30 minutes. Cool slightly, strain through a sieve, add cayenne, Worcestershire sauce and salt.

Pack a layer of veal in the bottom of a 2-quart mold or bowl. Cover with slices of hard-cooked eggs and arrange remaining veal on top. Pour seasoned stock right up to the top of the mold and chill until firm. This takes about 12 hours. Unmold and cut in slices. Plenty for 8; perfect for buffet suppers!

PARSLEY STUFFED VEAL ROLLS

2 lb. thin veal cutlets
1½ tsp. salt
½ tsp. white pepper
½ cup butter or margarine
1 cup snipped parsley
2 medium carrots, cut in 1" chunks
2 medium onions, quartered
1 can condensed beef bouillon, undiluted
1 tbsp. all-purpose flour
¾ cup light cream
Pinch white pepper
2 tbsp. granulated sugar

Early in day, or day before, if desired:

1. Have meatman flatten veal to ¼" thickness. Cut into serving pieces; sprinkle both sides with salt and ½ tsp. pepper.
2. Melt ¼ cup butter; add parsley; spread some on each side of veal; roll up, tie well with string; refrigerate.

About 1¾ hours before serving:

1. In ¼ cup hot butter in Dutch oven, saute carrots, onions, and veal until meat is well browned.
2. Add water to bouillon to make 2 cups liquid; add to meat and vegetables; simmer, covered, 1 hr. or until meat is fork-tender.
3. Remove veal rolls; snip off string; then arrange on heated platter; keep warm.
4. For gravy: With fork, mash vegetables in liquid in Dutch oven. Into flour, gradually stir cream; then stir briskly into Dutch oven. Add ⅛ tsp. pepper and sugar; cook, stirring, just until heated. Strain; then serve with veal rolls. Makes 6 servings.

VEAL BIRDS

3 lb. ground veal
½ cup cracker crumbs or toasted bread crumbs
4 eggs
1⅛ lb. ground beef
½ can mushroom soup

Measure above mixture by ½ cup fulls—Turn out on board and flatten to pancake size. For dressing: 1 medium sized onion, chopped fine, 4 stalks celery, chopped fine. Cook in fat until done; ½ loaf of bread, sliced, toasted, and crumbled as for dressing. Moisten with other half of can of mushroom soup. Measure by spoonfuls on top of each veal pancake. Roll with hands to form a ball the size of a fat potato. Roll each ball in crumbled corn flakes. Wrap each in wax paper for freezing. When needed, partially thaw, fry golden brown on all sides; put in baking pan and cover with diluted mushroom sauce. Bake in slow oven 300° F. ½ hour.

VEAL CHOP SUEY

Cook 3 cups diced cooked veal in 1 tablespoon fat until brown. Add 1 quart sliced celery, 1 cup sliced onion and 3 cups water. Cook until celery is tender, stirring frequently with a fork. Add 1 sliced ripe tomato and 3 cups canned bean sprouts and cook for 3 minutes longer. Mix 1 tablespoon cornstarch with 1 teaspoon Chinese brown sauce and 3 tablespoons Soy sauce and stir into mixture. Cook about 1 min. stirring constantly to prevent lumping. Serve immediately.

VEAL CROQUETTES

2 cups coarsely ground cooked veal
3 tbsp. butter
2 tbsp. flour
2 cups milk
1 tsp. salt
1 tbsp. Worcestershire sauce
½ tsp. paprika
1 tsp. lemon juice
4 eggs
1 tsp. onion juice

Cook veal until well done, when cold grind coarsely. Season with salt, onion juice. Make white sauce with butter, flour and milk; add lemon juice, Worcestershire sauce; when smooth, add veal, cook slowly for 3 minutes. Beat 2 eggs together, pour over cooking meat. Take from fire at once, stir well. Pour mixture in platter and set aside to chill. When chilled, mold into shape; roll in cracker crumbs, dip in other 2 well beaten eggs and again in cracker crumbs. Put in ice box to chill. Cook in deep fat 2 or 3 minutes.

Chicken may be substituted for veal. Serves 6.

VEAL CUTLETS

1½ lb. veal cutlets, cut thick
1 egg
Toasted bread crumbs
Salt and pepper

Dip each cutlet in well beaten egg; drain and dip in crumbs. Shake off loose crumbs. Melt a little fat in frying pan and cook cutlets to golden brown. Must be thoroughly done. Serve with gravy and tomato sauce.

VEAL PARMIGIANA (ITALY)

4 veal chops, cut 1" thick
1 egg, beaten
¼ cup olive oil
Tomato sauce
Flour
Salt and pepper
Dash paprika
½ cup Parmesan cheese, grated
Dry bread or Post Toasties, crumbled
4 slices Mozarella cheese

Roll meat in flour seasoned with salt, pepper and paprika, then dip in the well beaten egg and finally in dry bread crumbs or post toasties, which have been mixed with the grated Parmesan cheese. Prepare the chops about 1 hour before you use them and allow thm to chill in refrigerator. Prepare a tomato sauce as follows: Saute 1 clove of garlic in 3 tbsps. olive oil; add 1 cup tomato puree or tomato soup. Cook these ingredients over low heat for 15 minutes; stirring often to prevent burning. Heat the olive oil in a large skillet and saute the breaded meat until both sides are nicely browned. Transfer the meat to a casserole with a little of the tomato sauce. Top each chop with a slice of Mozarella cheese and place in a moderate oven 350° F. for about 15 min. or until cheese is melted and lightly browned and chops thoroughly cooked. Serve with remaining tomato sauce.

VEAL SOUFFLE

1 tbsp. flour
1 tbsp. butter
½ pt. sweet milk
2 cups cooked veal, diced
1 tsp. salt
Dash cayenne pepper
¼ cup bread crumbs
2 egg yolks
2 tbsp. parsley
Grated rind of ½ lemon
2 egg whites

Melt butter: Add flour and stir until smooth; add milk and cook until it thickens, stirring constantly to prevent burning. Put in bread crumbs and simmer for a few minutes. Beat yolks of eggs and add before removing from the fire. Take from the fire and add veal, parsley, lemon rind, salt and cayenne; Add well beaten egg whites. Put in buttered baking dish and bake 20 minutes in moderate oven.

VEAL SCALLOPINE

2 lbs. veal cutlets
1 cup sherry
2 tbsp. Vermouth (dry)
2 tbsp. lemon juice
2 cups sliced mushrooms
¼ clove garlic
2 tbsp. tomato paste
Salt and pepper to taste

Flour the veal and brown in butter; then add other ingredients, cover pan and cook slowly for 1½ hours. Serve with rice, using the sauce as gravy. Remove the garlic before serving.

VENISON

RAGOUT OF VENISON

3 lbs. venison, cut in 1" pieces
2 medium sized onions, chopped
2 cloves garlic, minced
2 stalks celery, chopped
½ cup olive oil
½ tsp. black pepper
Pinch thyme
1 small bay leaf
1 lemon, juice and rind
¼ cup red wine vinegar or (apple)
2 cups red wine

Prepare marinate of above ingredients and soak venison 24 or 48 hours. The marinate is a tenderizing as well as flavoring liquid. To cook: Render about ½ cup salt pork strips; drain the venison from marinade and brown in pork fat. Use heavy pan with tight cover. Add the marinade with 2 cups tomatoes (canned) to the meat. Simmer 1½ hours or until tender. If mixture needs moistening, add mixture of half red wine and half meat stock or bouillon. When done, thicken with a paste made of 1 tbsp. butter and 2 tbsp. flour. Taste for seasoning and serve very hot. Good with rice, tossed salad and a good Burgundy. Serves 6.

ROAST LEG OF VENISON

In France almost all game is marinated. This is done to eliminate the "wild" flavor. With a sharp knife make gashes in the venison and insert slices of salt pork.

Marinate Sauce

"Bouquet garni"
½ cup good vinegar
½ cup red wine
2 medium onions, sliced
1 tbsp. salt
1 tsp. black pepper
2 carrots, sliced
¼ cup olive oil

Marinate the venison in this sauce for 5 or 6 days, turning the leg over occasionally so that the sauce will permeate the whole leg. Cook in sauce. Roast at moderate temperature 350° F. allowing 18 minutes per pound.

"Bouquet garni" is generally used in French cookery. It consists of 3 or 4 sprigs of chopped parsley, a sprig of thyme and a small bay leaf.

VENISON CASSEROLE

2 lb. breast of venison
½ lb. diced salt pork
2 tbsp. butter
2 tbsp. flour
2 cups water
1 tsp. salt
½ cup red wine
1 clove garlic
3 medium sized onions, chopped fine
¼ lb. mushrooms, sliced

Fry the salt pork in butter until brown; remove the pork and fry the venison which has been cut in small pieces. When the venison is well browned, remove and add the flour, water and wine, stir until well blended; all salt, pepper, garlic, onions and put the venison back and cook gently 1 hour. Add sliced mushrooms (canned ones will do) and cook 30 min. longer. Put the venison in a deep warm platter. Cover with a layer of onions and a layer of mushrooms. Strain the sauce and pour it over all. If the sauce is too thin, add a tbsp. cornstarch, blend well, stir over the fire until very hot and serve.

VENISON STEAK

3 or 4 lbs. of venison steak (you can determine how many guests to be served and plan accordingly)

Cover the steak with 1 cup vinegar and ½ cup water, add ½ tbsp. salt. Let stand 30 minutes. Remove steak from this liquid. Pound the steak well with mallet or edge of a saucer, pounding in 2 tbsp. or more of flour. Fry in bacon drippings with a few slices of onion cooked in it. Serve with tomato sauce and four drops of Tabasco sauce in it.

FISH GRAVY

2 tbs. butter
2 tbs. flour
1½ cups milk (scalded)
2 tbs. lemon juice
1 egg yolk
½ cup liquid from boiled or boiled fish; or
1 chicken bouillon cube dissolved ½ cup hot water
½ tsp. salt

Melt butter. Add flour and heated milk gradually. Add other liquids and lemon juice. Just before serving, beat egg yolk into sauce. Serve hot. One tablespoon tomato catsup may be added if desired.

GRAVY FOR POT ROAST OR STEW

For each cup of liquid, use 2 tablespoons flour and ¼ cup of water. Mix until smooth. Add to hot liquid, stirring constantly. Simmer, stirring until smooth and thickened.

GRAVY FOR ROAST

For each cup of liquid, use 2 tablespoons of fat from roasting pan and 2 tablespoons flour. Pour all other fat from roasting pan. Measure required amount of liquid desired (water, stock, or tomato juice); add flour-fat mixture, and boil gently for 5 minutes or until thick enough. A little garlic salt or celery salt to taste may be added if desired.

GRAVY

BERNAISE GRAVY

4 tbsp. oil or melted butter
4 egg yolks, well beaten
4 tbsp. hot water
1 tbsp. vinegar
Salt and pepper

Put the well beaten egg yolks in a bowl. Set in a saucepan of hot water; add the oil or butter gradually, stirring all the time. Next stir in the hot water and cook until as thick as cream. Remove from heat; add the vinegar, salt and pepper. Add ¼ tsp. Worcestershire sauce.

BROWN GRAVY

In the skillet where meats have been fried or in the roaster in which beef or other meats have been baked, rub in two tbsp. of flour (the flour must be stirred in very slowly); then add 1 cup of stock or water, season to taste and cook until of the right consistency. Strain and serve.

GIBLET GRAVY

When the turkey or chicken is done, remove from roaster and stir in two or more spoonfuls of flour, according to size of the bird. Add enough water to make the desired quantity, season to taste and cook until as thick as desired. Add the giblets cut in small pieces and serve hot.

MUSHROOM GRAVY

1½ cups of stock or 2 bouillon cubes dissolved in 1½ cups of water
2 tbsp. flour
1 can mushroom soup

In a skillet, put the butter and flour; rub well together over low heat. Add the stock or bouillon cube mixture, stir in can of mushroom soup; blend well. Cook 5 minutes over low heat, season with salt and pepper. Strain and serve.

Try this over fried chicken, put in oven 10 minutes and serve hot. Also delicious served over vegetables (green beans, carrots, spinach, etc.)

MILK GRAVY

To 2 tablespoons bacon drippings, 1½ cups of milk, and 1 tablespoon butter, add 1 tablespoon flour and stir until smooth. Cook, stirring constantly, until as thick as desired, about 10 minutes. 1 tsp. of Accent may be added before serving (optional). Milk gravy is very nice served on toast or rice.

FISH

To Bake Fish: Have the fish dressed. Wash and dry the fish, rub a little salt inside and out. Prepare the dressing below, then stuff the fish, fasten together with skewers or toothpicks, tie string around it; then lay in baking pan which has been well greased. Dredge with flour and put a little bacon drippings over the top. Baste frequently with the drippings or the fish will be dry.

Stuffing for Baked Fish:

3 slices cold bread
2 tbsp. butter or bacon drippings
1 small onion, finely chopped
1 tbsp. parsley or celery, minced
1 egg
Small amount of milk

Some variations—Blue Fish; Shad; Trout; Bass; Red Snapper; Haddock. Some of the dressing may be made in patties and put around the fish as a garnish. Also sliced hard boiled eggs. Frequently tomato catsup and slices of bacon are used to top the fish.

To Saute Fish: Clean the fish thoroughly, wipe dry, dip in a beaten egg and roll in cornmeal, then saute in a frying pan. Cook on one side until fish is brown; turn with spatula or cake turner and brown on other side. Pan size fish, Porgies, Flounders, Halibut, etc. may be used.

To Broil Fish: Wipe well, season with salt and pepper and place on rack of broiler pan, which has been well greased. Broil on one side, flesh side up; turn and broil skin side. Use 3 tbsp. of melted butter with 2 tbsp. lemon juice over the fish just before serving. Almost all kinds of fish may be broiled.

BAKED FILLETS IN SOUR CREAM

Thin lemon or onion slices
1 to 1½ lb. fish fillets
or 2 lb. fish steaks 1" thick
Salt or seasoned salt
Pepper
⅔ cup sour cream
Paprika

1. Start heating oven to 400° F. Cover bottom of shallow baking dish with lemon slices; arrange fish on top. Season with salt, pepper; cover with aluminum foil.
2. Then bake 30 min., or until easily flaked with fork, but still moist.
3. Uncover, spread lightly with combined sour cream and ⅛ tsp. salt; sprinkle with paprika. Broil low in broiler until lightly browned. Makes 3 or 4 servings.

BAKED FILLET OF SOLE

4 fillets of Sole
1 cup white wine
½ small onion
1 minced shallot
6 mushrooms
1 cup cream
1 tbsp. butter
1 tbsp. Hollandaise sauce

Place fillets in a pan, cover them with wine, adding a thinly sliced half of the onion, a minced shallot and the mushrooms, sliced thin. Cook for 10 min. Take out the fish, leaving sauce in the pan. Add the cream, butter and Hollandaise sauce. Let simmer for 6 min. Put Sole in a flat fire-proof dish; pour sauce over it and broil until a golden brown.

BAKED FISH FILLETS THERMIDOR

1½ lbs. fish fillets
1½ cups milk
1 tsp. salt
¼ tsp. black pepper
3 tbsp. butter or margarine
3 tbsp. flour
2 tsp. Worcestershire sauce
¼ lb. American cheese

Roll fillets in a little flour; place in shallow baking dish. Pour 1½ cups milk over fish and sprinkle with salt and pepper. Bake fish about 30 min. at 350° until fish flake when tested with fork. Remove from oven. For sauce: Melt butter, add flour and blend. Then add milk in which the fish has been baked. Cook sauce, stirring frequently, until thickened. Then add cheese and stir until melted. Add Worcestershire sauce and pour over fish. Sprinkle with paprika and brown lightly under broiler. Serve hot! Will serve 4 persons.

BOUILLABAISSE

3 tbsp. olive or salad oil
3 onions, thickly sliced
3 cloves garlic, halved
1 leek, sliced
2 cans condensed consomme, undiluted
2 tsp. salt
¼ tsp. pepper
Dash cayenne
1 tsp. saffron
1 bay leaf
¾ tsp. dried basil
¾ tsp. dried marjoram
1 lb. haddock, cut into 2" squares
1 lb. raw shrimp, shelled, deveined
1 No. 303 can potatoes, drained, halved
⅓ cup dry red wine
Snipped parsley
1 tomato, cut into fingers

1. In oil in Dutch oven, saute onions, garlic, and leek for about 10 min., or until tender but not brown.
2. Add consomme, salt, pepper, cayenne, saffron, bay leaf, basil and marjoram; cover. Heat until boiling
3. Add haddock, shrimp, and potatoes; cover; simmer about 20 min.
4. Add wine, parsley, tomato. Serve with French Bread, if you wish. Serves 6.

BROILED SARDINES ON TOAST

Sauce: Beat 2 eggs light; add 1 tbsp. prepared mustard, 2 tbsp. water and ¼ cup vinegar, 2 tsp. sugar, 1 tsp. salt and dash of cayenne pepper. Cook over hot water until thickened. Remove from heat, beat in 1 tbsp. butter.

Spread sardines on toast, pour sauce over each slice of the sardine toast and broil for 5 minutes.

FISH ROE

Roll fish roe in corn meal. Fry in bacon drippings or butter. Fine for breakfast or luncheon.

FISH ROE WITH EGGS

1 large can Fish Roe
4 eggs
4 tbsp. bacon drippings
½ tsp. salt
¼ tsp. black pepper

Put bacon drippings in a heavy skillet. Add fish roe, salt and pepper; cook 10 minutes. Stir in eggs that have been lightly beaten. Cook 5 minutes. Serve hot!

ROCK FISH MUDDLE

A great favorite on the shores of the Eastern Carolinas—

10 lbs. Rock fish
5 lbs. white potatoes (quatered)
2 lbs. onions, sliced
½ lb. white lean and fat pork
3 tbsp. salt or to taste
1 tbsp. black pepper
1 tsp. cayenne pepper
½ cup meal
1 gal. water

Fillet fish; put in large heavy pot; add potatoes, onions, white meat, salt and pepper and cook on medium heat for about 30 minutes or until fish will flake easily. Add meal which has been moistened to a thin consistency. Stir gently another 15 minutes. Serve hot.

Hush puppies or plain cornbread are the favorite breads to serve with this muddle. Also a tossed salad and any pie or "flap jack" (a fried peach or apple pie) completes a delicious repast.

ROE AND BACON BITES

Slice 1 7½-oz. can shad roe into 24 pieces; wrap each in a halved bacon slice; secure with toothpicks. Turning often, broil 3 inches from heat, until bacon is crisp; drain on paper toweling. Serve immediately with garnish of parsley. Makes 24.

ROCK FISH STEW

4 lbs. Rock Fish fillets (skinned)
2 lbs. white potatoes, peeled and quartered
1 lb. onions peeled and sliced ⅛ inch thick
1 sweet green pepper, stemmed and peeled, or pimento
6 slices of bacon
Salt and pepper to taste

Pour boiling water over green pepper, let set 5 minutes; drain; cut in ½-inch bits.

Boil potatoes, onions, and pepper in salt water 15 minutes. Fry bacon and remove from drippings. Put fish in potato mixture, add bacon cut in 1½-inch lengths to fish; cook until fish will flake easily—about 15 minutes. A little water may be added if needed. Stir ½ cup of cracker crumbs in mixture to thicken the broth.

Serve in hot platter, garnished with parsley, sliced hard boiled eggs, and slices of lemon. Serves 6.

FISH STEAKS

3 lbs. large fish (Blue fish, Bass, Trout or other large fish) 1" thick
½ stick butter or margarine
2 tbsp. bacon drippings
1 tbsp. lemon juice
Salt and pepper to taste

Make a sauce of the butter, bacon drippings, lemon juice, salt and pepper. Place the fish steaks on a broiler pan; pour or spoon some of the sauce over fish. Put in oven about 4 inches from heat; cook for about 10 min. Turn with cake turner being careful not to break up the steak. Cover with remaining sauce and cook another 10 minutes. This has been a treasured fish dish for years!

FISHERMAN'S TUNA STEW

3 6½ or 7 oz. cans tuna fish
½ cup sliced onion (separated into rings)
1 1-lb. can whole tomatoes
1 can (4 oz.) sliced mushrooms
1 tbsp. minced parsley
¾ tsp. salt
¼ tsp. ground pepper or marjoram
8 oz. pkg. sea shell macaroni

Drain off oil from tuna in heavy skillet; saute onion rings until tender but not brown, about 5 min. Add tomatoes and juice, mushrooms and jucie, parsley, salt and pepper or marjoram. Cook, stirring occasionally, for 10 min. Add tuna, cut into pieces. Simmer until tuna is hot, about 5 min. Meanwhile cook macaroni according to pkg. directions; drain. Serve tuna stew over macaroni. Makes 6 servings.

SALMON LOAF

1 lb. can Salmon
½ cup milk
½ cup buttered bread crumbs
2 eggs, slightly beaten
2 tsp. lemon juice
½ tsp. salt
¼ tsp. black pepper
3 tsp. minced onion
1 tbsp. melted margarine
1 tbsp. minced parsley

Combine ingredients; mix thoroughly, then put in loaf pan and bake in moderate oven (350° F.) for 30 to 35 minutes. Turn out on platter and garnish with slices of hard boiled eggs, potato chips and pickles. Serves 6.

SHAD ROE ELEGANTE

2 Shad Roe
2 tbsp. butter
1 tbsp. bacon drippings
1½ tsp. salt
½ tsp. black pepper
½ cup water

Put roe in pan; add salt and water and pepper. Cook slowly for 10 min. or until water is gone. Add butter and bacon drippings and brown for about 10 mintues.

SOLE THERMIDOR

1 lb. fillet of flounder
1 tbsp. flour
½ cup sour cream
1 tsp. dry mustard
¼ cup brandy
Salt and cayenne pepper to taste
3 tbsp. melted butter
4 tbsp. grated Swiss or Parmesan cheese
2 cups of "Court Bouillon"

Trim fish and poach in "Court Bouillon" which is as follows:

½ cup boiling water
½ cup dry wine
2 cloves garlic
2 small onions
1 bay leaf
¼ tsp. black pepper
6 slices carrots
⅛ tsp. thyme
3 sprigs of parsley

Cook all these ingredients together for 30 minutes. Strain and use as water for poaching the fish. Lift poached fillets on to hot baking platter. Combine flour and melted butter and add Court Bouillon in which fish was poached. Add seasonings, the cream and brandy and 2 tbsp. of cheese. Do not cook. Pour over the fish, sprinkle with the remaining cheese and put close under the flame to brown instantly.

TROUT—WHITE WINE SAUCE

3 lbs. trout
3 tbsp. olive oil
2 medium onions, minced
6 tbsp. butter
2 tbsp. flour
1 lemon
1 dry shrimp, cut fine
3 truffles
½ can mushrooms
1 cup white wine

Skin and bone the trout; cut in six pieces; fold over and put in pan with olive oil, the minced onion, salt and pepper to taste. Place in oven to cook. Take another pan, blend flour, butter and juice of the lemon over the fire, add shrimp, mushrooms, truffles and wine. Pour all over the fish. Sprinkle with bread crumbs and cheese; dot with butter and run in oven for 5 minutes to lightly brown. Serve hot!

SEAFOOD

BAKED CRAB

1 lb. crab meat
½ bell pepper
1 stick butter
1 tbsp. flour
1 pt. milk
1 tbsp. Sherry
1 piece of celery

Chop celery and green pepper and cook in melted butter. Add crab meat and flour with milk and cook until creamy; add sherry. Put in casserole and cover with bread crumbs. Bake in 400° oven until brown.

BAKED FISH MOUSSE

Melted butter or margarine
¼ cup packaged dried bread crumbs
½ cup sifted all-purpose flour
1 tbsp. potato flour
2 lbs. freshly ground raw haddock, pike, or cod
½ lb. butter or margarine, melted
4 egg yolks, unbeaten
1 tbsp. salt
½ tsp. white pepper
½ tsp. ground allspice
2 cups milk
4 egg whites, stiffly beaten

1. About 1½ hr. before serving: Start heating oven to 350°. Brush a 9" tube pan with melted butter; then coat generously with bread crumbs; set aside. Sift together flour and potato flour.
2. To ground fish in large bowl, add ½ lb. butter, melted; with wooden spoon, beat vigorously. Then beat in egg yolks. Onto this mixture, sprinkle sifted flour mixture, salt, pepper and allspice; stir in. Gradually add milk, beating thoroughly until well blended.
3. Gently fold in stiffly beaten egg whites until well blended. Turn mixture into prepared pan; bake about 45 min.

BROILED LOBSTER

Sever live lobster's spinal cord by inserting sharp knife between body and tail of lobster. Then place on back and make deep cut from head to end of tail. Force open, remove sac just back of head and black vein which runs to end of tail. Green part (the liver) and coral are edible. Place lobster, back down, on greased broiler rack with upper surface 6 inches below unit or tip of flame. Brush meat with melted butter, season. Broil 8 to 10 minutes or until browned. Crack large claws; serve with melted butter.

BISQUE OF LOBBSTER AND SHRIMP

3 tbsp. butter or margarine
2 thin onion slices
2 thin carrot slices
2 tbsp. chopped celery
½ bay leaf
¼ tsp. dried marjoram
½ tsp. whole black pepers
½ tsp. salt
1 can condensed chicken broth, undiluted
1 tbsp. lemon juice
1 cup cooked shrimp, halved lengthwise
1 cup cut-up cooked lobster
1 cup heavy cream

1. In saucepan, melt butter. Add onion, carrot, celery, bay leaf, marjoram, whole black peppers, and salt; saute slowly 5 min.
2. Stir in chicken broth, lemon juice; simmer, covered, 5 min.
3. Strain. Add shrimp, lobster and cream; heat 5 min. Serve topped with parsley or dill. Makes 6 to 8 servings.

BOILED FISH WITH EGG SAUCE

2 lb. fish (Trout, Flounder or Haddock)
1 carrot
1 onion
3 bay leaves
5 cloves
1 piece of celery
1 tbsp. vinegar
1 tsp. salt
Dash black pepper
2 qts. water
3 hard-boiled eggs

Boil fish ten min. to the lb. as follows: Place fish in warm water to cover, let come to boil quickly, turn down to simmer. To each 2 qts. of water required, add celery, onion, carrot, bay leaves, cloves, salt and vinegar in quantities given. To 1 pt. of white sauce add the three hard-boiled eggs, sliced and 2 tbsp. fish water. Drain fish; place on platter and pour sauce over all. Garnish with paprika, parsley and thin slices of lemon.

BROILED OYSTERS WITH CHEESE

Drain 1 pt. of select oysters and roll in bread crumbs. Dip in 2 eggs slightly beaten; dip again in bread crumbs, put in broiler pan and brown quickly, turning to brown both sides. Place 2 oysters on toast and serve with ehe following sauce: Slowly melt ½ lb. cheese in double boiler; slowly add ⅓ cup milk, stirring until smooth. Add a dash of tabasco and serve over the oysters. May be garnished with parsley.

CANTONESE LOBSTER

1 pkg. (8 oz.) containing 2 frozen rock lobster tails
2 tbsp. peanut oil
1 large garlic clove
¼ cup ground lean pork
¼ cup finely diced carrot
¼ cup finely diced celery
Mixing Sauce
2 small scallions (green onions) finely cut with some tops included

Have lobster thawed. Wash in cold water and drain. With kitchen scissors cut away thin undershell. Cut each tail in 3 crosswise pieces. Heat oil in 9 to 10 in. skillet; add minced garlic and pork. Cook and stir with a fork over low heat until meat loses its pink color and is in crumbles. Add carrot and celery; cook gently about 5 min. Add mixing sauce and lobster, shell side down. Stir constantly until sauce thickens. Turn lobster shell side up. Cover and cook gently, shaking pan often, just until lobster is cooked through and opaque looking—this takes only a few min. Sprinkle with cut scallions. Serve at once. Makes 2 servings.

Mixing Sauce: Dissolve 1 chicken bouillon cube in ¾ cup boiling water; stir in 2 tsps. soy sauce, ½ tsp. sugar. Mix 1½ tbsp. cornstarch with 2 tbsp. cold water until smooth; add to soy sauce mixture.

COQUILLES SAINT-JACQUES

¾ cup water
¼ cup sauterne
½ tsp. salt
Few grains cayenne
1 pt. sea scallops
2 tbsp. butter or margarine
1 small onion, minced
2 tbsp. flour
½ clove garlic, minced
1 tsp. snipped parsley
1 egg yolk, well-beaten
¾ cup buttered tiny fresh bread crumbs
2 tbsp. grated Parmesan cheese

1. Start heating oven to 425° F. In skillet, combine water, wine, salt, cayenne; in it, simmer scallops 5 min.; drain, reserve liquid. Coarsely chop scallops.
2. In hot butter in same skillet, saute onion until tender; stir in flour well. Stir in reserved liquid and cook until thickened. Add garlic and parsley, and stirring constantly, cook 5 min.
3. Now, gradually stir some of sauce into beaten egg yolks; then into remaining sauce, gradually stir egg yolk mixture. Add scallops; heat gently.
4. Into 5 buttered 6" pie plates or into scallop shells, spoon scallop mixture. Top with crumbs and cheese; bake until brown, about 5 min. Makes 5 servings.

CHEESE SALMON BAKE

2 tbsp. butter or margarine
2 tbsp. flour
1 cup milk
1 1-lb. can salmon, drained and flaked
½ 8-oz. pkg. medium noodles (2 cups)
½ lb. process sharp Cheddar cheese, grated
1 tsp. salt
⅛ tsp. pepper

1. Start heating oven to 375° F. Grease 1 qt. casserole.
2. In saucepan, melt butter; add flour, stirring until blended, smooth. Slowly add milk, stirring constantly to avoid lumps. Cook, stirring, until smooth and thickened.
3. To salmon, add uncooked noodles, cheese, salt, pepper and sauce; combine thoroughly. Pour into casserole. Bake 30 min. or until set. Makes 4 servings.

CLAM CHOWDER

For each person use 1 small onion and 1 medium potato, peeled and quartered. Dice 2 stalks celery and simmer all slowly in 2 cups water until the entire mixture is smooth and thick. The vegetables will boil down completely —but you'll have to watch the chowder closely, and stir it frequently to keep it from scorching on bottom of the pan. Cut 10 strips of bacon into small pieces and brown until crisp. Drain on paper toweling. Add bacon to the vegetables, stir well and simmer for 5 min. Add 2 cups finely minced clams and juice and let cook for 10 min. Season to taste with salt and pepper. The chowder will be very thick. Thin with 1 cup water. Simmer a few minutes and serve. Makes 8 to 10 servings.

CRAB IMPERIAL

1 lb. crab meat
2 tbsp. chopped onion
2 tbsp. chopped green pepper
3 tbsp. butter, melted
2 tbsp. flour
½ cup milk
½ tsp. salt
Dash pepper
¼ tsp. Worcestershire sauce
2 hard cooked eggs, chopped

Remove any shells or cartilage from crab meat, being careful not to break the meat into small pieces. Cook onion and green pepper in butter until golden. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add seasoning, eggs and crab meat. Place in six greased individual shells. Bake in 350 degree oven 20 to 25 minutes or until brown. Serves six.

CRAB CROQUETTES

1 lb. well picked crab meat
2 cups cream
2 hard boiled eggs
2 tbsp. butter
3 tbsp. flour
1 tbsp. minced parsley
salt, pepper, a few bay leaves and mace to taste

Make a cream dressing of the butter, flour and cream, (it must be thick). Add the hard boiled eggs, sliced and seasonings and crab meat. Let stand in refrigerator overnight or until thoroughly chilled. Make into croquettes; roll in cracker crumbs and fry in deep fat. Serve with tartar sauce.

CRAB MEAT a la KING

1½ tbsp. butter or margarine
6 mushrooms, sliced, or ½ cup canned mushrooms, drained
1 tbsp. butter or margarine
1 tbsp. flour
¾ cup milk
1 6½-oz. can king crab meat, flaked
Dash paprika
1 egg yolk, unbeaten
1 tbsp. light cream
1 tsp. lemon juice
3 buttered toast slices, halved

1. In 1½ tbsp. hot butter in skillet, saute mushrooms about 5 min.
2. Meanwhile, in saucepan, melt 1 tbsp. butter; stir in flour; then gradually stir in milk. Cook, stirring constantly, until smooth and thickened.
3. To mushrooms, add sauce, crab meat, paprika; heat, stirring occasionally. Just before serving, combine egg, cream; gradually stir into crabmeat mixture; heat.
4. Stir in lemon juice. Spoon over toast; garnish with parsley. Serves 2.

CRARB MEAT BISQUE

1 cup crab meat, frozen or canned king
1 can condensed tomato soup, undiluted
1 can condensed pea soup, undiluted
1½ cups light cream
½ cup dry sherry

1. Remove any hard membrane from crab meat.
2. In saucepan over low heat, heat soups and cream, stirring constantly. Add crab meat; heat thoroughly.
3. Gradually stir in sherry; heat. Makes 6 servings.

CRAB NEWBURG

6 tbsp. butter or margarine
2 tbsp. flour
⅛ tsp. nutmeg
Dash paprika
1 tsp. salt
¼ to ½ tsp. dried thyme
2 cups light cream
3 egg yolks, beaten
3 tbsp. sherry
3 cups flaked canned King crab meat
Toast points

1. In double boiler top, over direct low heat, melt butter; stir in flour, nutmeg, paprika, salt, thyme, cream. Cook, stirring constantly, until thickened and smooth.
2. Into yolks, gradually stir a little cream mixture; return to double boiler top. Cook over hot water, 5 min.
3. Add sherry, crab meat; heat; serve on toast. Serves 6.

CRAB-MEAT MARYLAND CASSEROLE

¼ cup butter or margarine
3 tablesp. flour
2 cups milk
2 tablesp. minced onion
½ teasp. celery salt
¼ teasp. grated orange rind
1 tablesp. snipped parsley
1 tablesp. minced green pepper
1 pimento, sliced
Liquid hot-pepper seasoning
1 teasp. salt
Speck pepper
2 tablesp. sherry
1 egg, beaten
3 cups fresh crab meat or canned or thawed frozen king-crab meat, completely drained
½ cup fresh bread crumbs
½ cup grated sharp process cheese
3 half slices tomato

About one and a half hours before serving:

1. Start heating oven to 350° F. In double boiler, melt butter; stir in flour till smooth, then milk; cook, stirring, until thickened. Add onion, celery salt, orange rind, parsley, green pepper, pimento, dash hot-pepper seasoning, salt, and pepper.
2. Remove from heat. Add sherry. Slowly stir some of sauce into egg; stir egg mixture into rest of sauce.
3. Remove membrane from crab meat, if canned. With fork, fold crab meat into sauce. Turn into 1½-qt. casserole. Toss bread crumbs with cheese. Sprinkle around top edge of casserole. Bake 10 min.
4. Arrange tomato slices down center of casserole. Bake 5 min. longer, or until crumbs are golden brown. Makes 6 servings.

CRAB NEWBURG CHEESE TARTS

2 cups grated Cheddar cheese
1½ cups sifted all-purpose flour
1 teasp. salt
½ teasp. prepared mustard
½ cup melted butter or margarine
3 cups canned or thawed frozen king-crab meat, completely drained
6 tablesp. butter
2 tablesp. flour
⅛ teasp. nutmeg
Dash paprika
1 teasp. salt
3 tablesp. sherry
3 egg yolks
2 cups light cream
½ cup grated cheddar cheese
Fresh dill (optional)

Early in day or day before:

1. Start heating oven to 400° F. In bottom of each of six 3" cupcake-pan cups, crisscross two 8" x 1" alumnium-foil strips; extend ends above top of cup.
2. In bowl, with pastry blender or fork, mix until smooth 2 cups grated cheese, 1½ cups of flour, 1 teasp. salt, mustard, and ½ cup melted butter. Knead (fold over and over) about 1 min. to soften.
3. Divide dough into six equal parts. Use each part to line one cupcake-pan cup, pressing dough firmly to bottom and side and making top edge smooth or fluted. With fork, prick bottoms and sides. Bake 15 min., or until golden brown. Cool in pans. (If baked day before, store in cups in cake container.)

HOLIDAY TUNA LOAF

8 oz. wide noodles
6 shelled, hard cooked eggs
1 13-oz. can tuna fish, coarsely flaked, drained
½ cup minced onion
½ cup pickle relish
1 cup cooked fresh mushrooms
2 cups milk
1 5-oz. pkg. potato chips, crushed
⅓ cup butter or margarine
½ cup flour
2 tsp. salt
Dash pepper
2 tsp. bottled thick meat sauce
2 tbsp. lemon juice
2 cups canned condensed chicken broth, undiluted

Cook, drain, rinse noodles according to pkg. directions. Add next 5 ingredients. Melt butter in saucepan; blend in flour and seasonings; then stir in liquids and cook stirring constantly, until thickened. Add this sauce to noodle-tuna mixture; toss until well mixed. Grease pan about 13" x 9" x 2"; over bottom spread a thin layer of crushed potato chips. Put in half of the noodle-tuna mixture, then a sprinkling of chips, remaining tuna mixture, finally remaining chips. Store loaf in refrigerator until next day; remove it just before baking time. Bake in moderately hot oven of 375 to 400 degrees for 45 minutes. Cut into 12 squares.

DEVILED CRAB

1½ cups crab meat
¾ cup condensed mushroom soup (undiluted)
1 egg
2 tbsp. cracker crumbs
1½ tsp. prepared mustard
½ tsp. salt
Paprika and black pepper to taste

Pick over crab meat to remove bits of shell; mix well with other ingredients. (This may be prepared in advance and put in refrigerator). When ready to cook, add 2 tbsp. light wine. Fill crabshells and sprinkle over with bread crumbs, (use 2 slices bread with 2 tbsp. butter). Place shells in baking pan, cover the bottom of pan with water. Bake at 325° F. for 20 minutes. Makes 8 shells.

FISH CHOWDER

1 lb. halibut, cut up
4 large tomatoes, quartered
4 large potatoes, diced
2 large onions, sliced
1 qt. water
2 tsp. salt
½ tsp. pepper
⅔ cup butter or margarine
1 cup heavy cream
Thin tomato slices

1. In large saucepan, combine halibut, tomatoes, potatoes, onions, water, salt and pepper. Bring to boil; reduce heat; simmer, covered 1 hour.
2. Add butter, cream; simmer 5 min. longer. Serve in large soup bowls, with tomato slices. Makes 8 to 10 servings.

LOBSTER NEWBURG

Beat 4 egg yolks with 2 tbsp. cream. Melt 2 tbsp. butter, add 1 cup coffee cream, ½ cup sherry wine, salt and pinch of nutmeg. While sauce is still simmering, pour slowly over the egg yolks. Do not boil. Cut boiled lobster in medium-small pieces and saute in 1 tbsp. of butter and ¼ cup sherry wine. Continue to simmer until lobster has absorbed the wine—about 3 min. Add to the above sauce. Serve with toast triangles.

NEW ENGLAND CLAMS

To 2 cups finely minced fresh clams (or three 7½-oz. cans) add ½ cup minced onion, ⅓ cup each minced green pepper and finely chopped celery and 1⅓ cups dry French bread crumbs. Stir in 1 cup heavy cream, 2 beaten eggs, 2 tbsp. melted butter, 2 tsp. prepared mustard, 1½ tsp. salt and 1 tsp. pepper. Scoop mixture back into the clam shells. Bake for 20 min in a 350 degree oven. Remove and sprinkle heavily with Parmesan cheese. Place ½ strip bacon on top of each shell and heat until the bacon is crisp. Makes 8 to 10 servings.

LOBSTER THERMIDOR WITH PILAF

4 2-lb. live lobsters
Pilaf, below
6 tablesp. butter or margarine
3 tablesp. flour
⅛ teasp. nutmeg
Dash paprika
1 teasp. salt
3 tablesp. sherry
1½ cups light cream
¼ cup grated Cheddar cheese
Lemon wedges
Parsley

Early in day or day before:

1. Grasp each lobster by body, claws away from you.
2. Then plunge it, head first, into boiling salted water—3 tablsp. salt to 3 qt. water.
3. Cover; boil 12 to 15 min. Then remove from water.
4. Cut heads (with large claws) from tails. Reserve one head as garnish. Remove meat, in large chunks, from tails and remaining heads (3 cups in all). Refrigerate lobster meat, empty tail shells, and reserved head.

One hour before serving:

1. Prepare, then start baking Pilaf (below).
2. Then, in double-boiler top, melt butter. Stir in flour, nutmeg, paprika, salt, sherry, and cream, mixing well. Add lobster meat; cook over hot water, stirring, till just thickened.
3. Arrange tail shells on broiler rack; then fill with lobster mixture, and sprinkle with cheese.
4. When Pilaf has finished baking, turn oven heat up to Broil, and then lightly brown Lobster Thermidor.
5. Spoon Pilaf in a layer onto a heated platter. Arange tails, in a row, on Pilaf at one end, with reserved head at other end. Garnish with lemon wedges and parsley. Makes 4 servings.

Note: Rock-lobster tails may replace live lobsters.

Pilaf: Start heating oven to 375° F. Grease 1½-qt. casserole. In saucepan, melt **¼ cup butter or margarine.** In it, saute **1 small onion, sliced; ¼ cup slivered almonds; ¼ cup raisins** till golden. Add **1 cup raw regular or processed rice;** mix well. Add **2 cups hot canned clear chicken broth.** Place in casserole; cover. Bake 30 min., or till all liquid is absorbed. Makes 4 servings.

PANNED OYSTERS SUPREME

1 qt. select oysters
¼ lb. saltine crackers
1 stick butter or margarine
¼ cup salad oil
1 cup celery, chopped very fine
2 tbsp. Worcestershire sauce
Few drops Tabasco
Salt and black pepper to taste

Remove any shell pieces from the oysters with a fork. Into a shallow baking dish place the butter and oil, run into a very hot oven. Into this melted shortening, drop a layer of oysters and celery, sprinkle in the condiments salt, pepper, sauce and tabasco. Cover with a layer of crushed crackers. Cover with another layer of oysters, condiments, and top with remaining crushed crackers. Sprinkle with paprika and bake about 30 min. in 300 degree oven.

OYSTER OR SHRIMP COCKTAIL SAUCE

3 tbsp. tomato catsup
4 tbsp. lemon juice
2 tsp. prepared horseradish
2 tbsp. vinegar
¼ tsp. tabasco sauce
1 tsp. salt
30 large oysters or shrimp

Mix the sauce ingredients well and serve over oysters or shrimp.

QUICK LOBSTER FONDUE

1 can (10 oz.) frozen condensed cream of shrimp soup
½ cup milk
½ cup medium grated cheddar cheese
1 can (5 oz.) lobster, drained
Paprika
Cayenne
2 tbsp. cooking sherry
Toast triangles

Follow directions on can for removing frozen soup; turn into saucepan. Add milk and heat slowly together, stirring occasionally, until soup defrosts; when soup reaches boiling point it will become smooth. Add grated cheese and stir over very low heat until melted; add drained separated lobster pieces and a dash each of paprika and cayenne; stir in sherry. Reheat gently, do not boil. Serve over toast triangles. Makes 4 small servings.

SCALLOPED OYSTERS

1 qt. select oysters
2 tbsp. celery, cut fine
1 tbsp. Worcestershire sauce
1 cup top milk
2 tbsp. butter
1 cup saltines, broken up
½ cup grated cheese

Put layer of oysters in greased baking dish, then sprinkle half the celery and half the broken crackers over it. Dot with some of the butter. Repeat this once more and finally top with grated cheese. Cook about 30 minutes in 375 degree oven. Will serve six.

SAN FRANCISCO DEVILED CRAB

1 lb. crab meat
1½ cups cracker crumbs
¾ cup chopped celery
¾ cup chopped onions
¼ cup chopped parsley
1 tbsp. chopped green pepper
1 tsp. dry mustard
½ tsp. salt
Dash cayenne
⅔ cup butter or margarine
¼ cup heavy cream

Pick over the crab meat and remove any cartilage. Roll or crush crackers and measure correct amount. Chop all vegetables fine and measure these also.

Start oven at 350° F. Butter a 1½-qt. casserole or 6 to 8 individual shell dishes. Now mix crab meat, crumbs, chopped vegetables, all seasonings, melted butter and cream together thoroughly. Spoon into casserole or shells and dot top with a little additional butter. Bake casserole 30 to 40 minutes. Bake individual shells 20 minutes. Serves 6.

SHRIMP CREOLE

1 cup chopped onions
½ cup chopped celery
½ cup chopped green pepper
1 small clove garlic, minced
1 tbsp. flour
3 tbsp. salad oil
1 tsp. salt
1 tsp. sugar
1 tbsp. chili powder
1 cup water
2 cups canned tomatoes
1 tbsp. vinegar
2 cups cooked shrimp
4 cups cooked rice

Cook onions, celery, pepper and garlic in hot fat over medium heat until tender, about 10 min. Add flour, salt, sugar and chili powder, which have been mixed with ¼ cup of water. Add remaining water and simmer, uncovered, over low heat for 15 min. Add tomatoes, vinegar and shrimp. Heat thoroughly. Pack hot rice in buttered mold and turn out on serving platter. Arrange shrimp mixture in center of and around the rice mold.

SHRIMP HIBACHI

1½ lb. uncooked shrimp
¾ cup salad oil
1 medium onion, grated
2 tbsp. lemon juice
1 clove garlic, finely chopped
⅛ tsp. each oregano, basil, ground cloves
½ tsp. celery seed
½ tsp. chili powder
½ tsp. salt

Shell and clean shrimp, leaving tails on. Combine remaining ingredients and add shrimp and let stand at least two hours. Place shrimp on a grill over hot charcoal and broil 5 to 8 min. basting occasionally with the sauce. Serve with barbecue sauce recipe below. Makes 5 to 6 servings.

Uncooked Barbecue Sauce:

Combine 1½ cups chili sauce, ½ cup tomato juice, ½ tsp. chili powder, 1 tsp. Worcestershire sauce, dash of tabasco, 1 minced clove garlic, ¼ cup dry white wine, 1 tbsp. lemon juice, 1 bay leaf and 1 whole clove in a jar. Cover and let stand several hours. Strain and use to baste shrimp habachi. Heat remaining sauce and serve with shrimp.

With a high style main dish like shrimp hibachi, round out the menu with a bowl of potato salad, a relish tray, and grilled French bread.

SHRIMP LASAGNA

½ cup onion, chopped
1 clove garlic, minced
3 tbsp. olive oil
4 cups boiling water
2 pkgs. tomato vegetable soup mix
½ tsp. oregano
½ tsp. sugar
1 pound can tomatoes
1 6-oz. can tomato paste
½ lb. lasagna (broad noodles)
1 lb. cottage cheese
2 to 3 cups cooked, cleaned shrimp
2 tbsp. Parmesan cheese

In a 2 qt. saucepan, saute onion and garlic in olive oil until golden. Stir in water, tomato vegetable soup mix, oregano, sugar, tomatoes and paste. Simmer 20 minutes stirring occasionally.

Cook lasagna according to pkg. directions. Drain and place in cold water; remove as needed. Place 2 tbsp. tomato sauce in bottom of 12 x 8 x2 inch baking dish, arrange single layer of lasagna, placed lengthwise, layer of cottage cheese, half of shrimp and tomato sauce. Repeat layers ending with sauce and Parmesan cheese. Bake in a 350 degree oven 30 minutes. Makes 8 to 10 servings.

SHRIMP-RICE PARMESAN

¼ cup salad oil
⅔ cup packaged precooked rice
1 cup water
1 No. 2 can tomatoes (2½ cups)
2½ teasp. salt
⅛ teasp. pepper
1 teasp. Worcestershire
1 small onion, minced
1 cup coarsely grated pared carrots
1 lb. thawed frozen or fresh large raw shrimp, shelled and deveined
Grated Parmesan cheese

About one hour and fifteen minutes before serving:

1. In hot oil in skillet over medium heat, cook rice, stirring constantly, until golden.
2. Add water, tomatoes, salt, pepper, Worcestershire, onion, carrots. Cook, covered, till carrots are tender.
3. Add shrimp; cook 5 to 10 min., or until shrimp are tender. Serve, passing cheese. Makes 4 servings.

SHRIMP ORIENTALE

1 lb. shrimp, cleaned and deveined
1½ tsp. Worcestershire sauce
1½ tsp. lemon juice
1½ tsp. dry mustard
Speck pepper
1 tbsp. milk
3 tbsp. butter or margarine, melted
2 tbsp. soy sauce
1 tbsp. honey
½ tsp. salt
⅛ tsp. pepper
½ clove garlic, minced

1. About 45 min. before serving: In shallow, open pan, place shrimp; sprinkle on Worcestershire sauce, lemon juice, mustard, speck pepper; refrigerate 30 min.
2. Now preheat broiler 10 min. or as mfg. directs. Toss shrimp mixture with milk; then drain off milk and marinade, and sprinkle shrimp with half of butter. In same pan, broil shrimp, about 3" from heat, 3 min., turn; sprinkle with remaining butter; broil about 2 min. longer, or until shrimp are golden brown.
3. Meanwhile, combine soy sauce, honey, salt, ⅛ tsp. pepper, garlic, parsley, if desired. Pass soy mixture at table. Makes 3 servings.

TUNA PARISIENNE

½ 8-oz. pkg. medium noodles
1 6-oz. can chunk-style tuna, drained
1 1-lb. 1-oz. can peas, undrained
4 cooked carrots, halved lengthwise
1⅔ cups evaporated milk, undiluted
½ tsp. salt
1 tsp. dry mustard
1 tbsp. Worcestershire
½ lb. process sharp Cheddar cheese, grated

1. Start heating oven to 375° F. Cook noodles as directed.
2. Grease 9" pie plate. Break tuna into pieces; add noodles, peas; turn into pie plate. On top, arrange carrots. Bake 25 min. or until thoroughly heated.
3. Meanwhile, in saucepan, simmer evaporated milk, salt, mustard, Worcestershire, until just below boiling point; add cheese, stirring constantly, until cheese melts.
4. Serve tuna in wedges; pass sauce. Makes 6 servings.

VEGETABLES

ACORN SQUASH

Squash
Butter
Salt
Paprika
Sugar or
Maple syrup

Split acorn squash for as many as needed; remove seed and place cut side down in baking dish with about 1 inch of water. Let steam for 15 minutes. Pour water off. Rub each half the squash inside with butter and season with salt, a dash of grated nutmeg and sprinkle with brown sugar or maple syrup. Top with a few shakes of paprika.

APPLES FRIED IN BATTER

4 apples, cored and sliced 3/8" thick

Remove top and bottom of apple, then slice.

Batter:

2 cups flour
2 tsp. baking powder
2 egg yolks, well beaten
¼ tsp. salt
1 cup milk
2 egg whites, beaten

Stir all ingredients except egg whites well. Add egg whites; blend well; then dip apples in, slice after slice, and fry in well greased pan. Serve hot.

ARROS CON POLLO
(Yellow Rice with Chicken)

1½ cups rice
1 2-lb. chicken, cut up
1 medium sized onion
⅛ tsp. saffron
1 medium green pepper
1 clove garlic
½ can tomato sauce
4 sweet green peppers, cut up
3 cups water
Olive oil or other shortening

Fry chicken in oil or other shortening until brown. Remove chicken from pan, in same pan fry chopped onion, green pepper and garlic. When done, add tomato sauce, sweet peppers and 3 cups of water. Add chicken and let simmer about 20 minutes. Wash rice and add ⅛ tsp. powdered saffron and stir. Add yellow rice to chicken mixture and cook over low heat until done, about 45 minutes. (Do not stir). Serve hot.

ASPARAGUS WITH HOLLANDAISE SAUCE

1 large can green asparagus. Put asparagus in tall double boiler in a small amount of juice from the can. Add 2 tsp. butter and a little salt. Heat to boiling point; turn out on hot platter. Serve with hollandaise sauce.

ASPARAGUS MOUSSE

2 large cans asparagus
4 eggs
4 tbsp. flour
½ stick butter
½ cup milk
Season to taste

Make a white sauce of butter, flour and milk. Stir in well beaten egg yolks and liquid from canned asparagus. Cook slowly 5 minutes. Cool; add stiffly beaten egg whites and asparagus. Put in greased mold; set in pan of hot water and bake slowly 15 minutes. Turn out on chop dish or platter, garnish with pimiento cheese balls.

BAKED TOMATOES

2 medium tomatoes
½ tsp. prepared mustard
1 small onion, minced
1 tsp. Worcestershire
Salt
2 tbsp. buttered bread crumbs

1. Start heating oven to 375° F. Wash tomatoes; cut out stem ends; then halve crosswise.
2. In baking dish, arrange, with cut sides up. Spread with prepared mixture; top with onion, Worcestershire; sprinkle well with salt, then with crumbs.
3. Bake, uncovered, 30 min. Makes 4 tomato halves.

BRANDIED OR SHERRIED POTATOES

8 medium sized sweet potatoes
⅓ cup butter
⅓ cup cream
⅓ tsp. salt
½ cup brown sugar
Marshmallows

Wash potatoes thoroughly. Boil until tender; remove from saucepan, peel and run through ricer or masher until smooth. Add butter, sugar, salt, cream and brandy or sherry; beat until fluffy. Turn into greased casserole. Bake 20 min. in moderate oven 350° F. Cover with marshmallows and bake 5 minutes longer. Will serve 8.

BROCCOLI

Cook 2 packages frozen broccoli in 1 cup boiling water with 1 teaspoon salt for 12 minutes. Remove from heat and serve with cheese sauce.

BRUSSELS SPROUTS

Boil 2 lbs. brussels sprouts in 2 cups salted water with 2 tbsp. bacon drippings and 2 tbsp. butter or margarine for about 15 minutes. Serves 6.

CANDIED SOUTHERN SWEETS

6 large sweet potatoes
Salt and pepper to taste
½ cup butter
Juice of 1 lemon
1 cup light molasses
½ cup water
Cinnamon

Boil sweet potatoes in skins, drain and pare. Cut into thick slices and lay in greased shallow glass casserole. Boil molasses and water 5 min., adding salt, pepper, butter, lemon juice and cinnamon. Blend sirup well, then pour over potatoes. Bake in moderate oven 45 minutes, basting frequently until an amber transparent brown. Serves 6.

CORN AND CHILI CASSEROLE

1 can chili con carne, without beans
1 No. 303 can cream-style corn
2 eggs, separated
¼ cup tomato juice
1½ to 2 cups medium day-old bread crumbs
1¼ tsp. salt
Dash pepper
¼ tsp. oregano
1 tsp. Worcestershire

1. Start heating oven to 375° F. Oil 2-qt. casserole.
2. In bowl, combine chili, corn, egg yolks, tomato juice, crumbs, salt, pepper, oregano, Worcestershire. Fold into stiffly beaten egg whites. Turn into casserole.
3. Bake, uncovered, 45 min., or till set. Makes 6 servings.

CORN FRITTERS, NORTHERN STYLE

3 egg yolks
1⅔ cups drained canned whole kernel corn
½ tsp. salt
⅛ tsp. pepper
¼ cup sifted all-purpose flour
3 egg whites, stiffly beaten
About 6 tbsp. salad oil

1. Beat egg yolks until light; mix in corn, salt, pepper, flour. Fold into egg whites.
2. Into hot oil in skillet, drop mixture by tablespoonfuls. Cook on both sides until brown and done.
   Nice as main dish, with butter and syrup or crisp bacon; or serve as vegetable. Makes 6 servings.

CORN PUDDING

3 cups fresh or canned corn (small grain is best to use)
2 eggs, well beaten
2 cups milk
½ stick butter or margarine, melted
1 tsp. sugar
1 tbsp. salt
Pepper

Blend all ingredients well; put in greased casserole and bake until set, about 30 minutes at 400° F. Serves 6.

CORN SOUFFLE

¼ cup milk
½ cup grated natural sharp Cheddar cheese
½ cup mayonnaise
¼ cup all-purpose flour
¼ tsp. onion salt
Dash pepper
1 12-oz. can vacuum-packed whole kernel corn, drained
2 tbsp. snipped parsley
4 egg whites

1. Start heating oven at 325° F. Oil 1-qt. casserole. In small saucepan, heat milk with cheese until cheese melts.
2. In small bowl with spoon, mix mayonnaise, flour, onion, salt, pepper; slowly stir in milk mixture; blend well. Stir in corn, parsley.
3. In large bowl, with electric mixer or egg beater, beat egg whites until stiff.
4. With spoon, gently fold corn mixture into egg white until blended. Pour into casserole.
5. Bake, uncovered, 50 min. or until silver knife inserted into center comes out clean.

Serve at once, as vegetable. If used as main dish, serve with heated cheese sauce (the pasteurized process-cheese spread that comes in jars). Serves 4.

CREAMED CAULIFLOWER

Wash 1 to 2 lbs. cauliflower and separate the flowerettes. Boil 10 minutes in salted water. Serve hot with cheese sauce; sprinkle paprika lightly on top. Serves 6.

EGGPLANT ITALIANA

1 medium eggplant
⅓ cup flour
¼ tsp. salt
⅛ tsp. pepper
¾ cup salad oil
1 15½-oz. can spaghetti sauce with meat
½ lb. mozzarella cheese, sliced
½ tsp. dried oregano

1. Wash eggplant; cut into ½" slices; roll in flour combined with salt and pepper.
2. Start heating oven to 350° F. In a little hot oil in skillet, saute eggplant slices until brown on both sides, adding more oil as needed.
3. In greased 2-qt. casserole, arrange half of the eggplant slices, spaghetti sauce, and cheese slices, sprinkling with ¼ tsp. oregano; repeat. Bake, uncovered, 35 min. Makes 4 servings.

EGGPLANT SOUFFLE

1 medium size eggplant; peel and slice ½" thick. Soak in salt water 15 minutes. Drain, then boil in saucepan until tender in salt water. Chop fine when done. Add 2 tbsp. butter, 1 onion, grated, 2 eggs, well beaten, 1 tsp. pepper and 1 cup of toasted bread crumbs. Put layer of eggplant mixture in a buttered casserole, sprinkle with half the crumbs, then add another layer of eggplant. Cover with other half of crumbs; pour over all the cup of milk; top with grated cheese and bake in 400° F. oven until slightly browned.

FRENCH FRIED EGGPLANT

1 eggplant, peeled and cut in strips 5 in. long and ½ in. thick. Soak in salt water 15 min. Drain and dip in 1 egg beaten in ½ cup of milk. Roll in cracker crumbs and fry in deep fat.

GRILLED TOMATOES AND MUSHROOM CAPS

6 to 8 small tomatoes
6 to 8 large mushrooms
2 tbsp. prepared mustard
3 tbsp. minced onion
Salt
Butter or margarine

1. Wash tomatoes; slice off stem ends. Wash mushrooms; remove stems (if desired, stems may be chopped, then sauteed in 1 tbpsp. butter).
2. In shallow baking pan, arrange tomatoes; spread with mustard; sprinkle with minced onion and salt; dot with butter.
3. In another shallow baking pan, arrange mushrooms, rounded side down; sprinkle with salt; dot with butter.
4. Broil all 4" from heat, 12 to 15 min., or until nicely browned. Serve each tomato with a mushroom cap. Makes 6 to 8 servings.

GUMBO

1 2½ can of tomatoes or 2 cups fresh tomatoes, chopped
2 cups small pod okra
2 medium sized onions, sliced

Boil all together (no water) 20 minutes; season with 1 tsp. salt, ½ tsp. pepper, 2 tbsp. bacon drippings, 1 tbsp. butter. 1 cup of chopped cooked chicken or meat may be added, if desired. Makes 6 servings.

HAMBURGER-EGGPLANT CASSEROLE

1 medium eggplant
4 tsp. salt
3 tbsp. butter or margarine
1½ cups chopped onions
2 cups diced fresh tomatoes
1 tsp. paprika
¼ tsp. pepper
1 tsp. dried basil
1 tsp. nutmeg
1 lb. chuck, ground
½ lean pork, ground
1 cup fresh bread crumbs
2 tbsp. melted butter or margarine
½ cup grated sharp Cheddar cheese

About 1 hr. before serving:

1. Start heating oven to 350° F. Wash and pare eggplant; cut into ½" slices; sprinkle with salt on each side, using 1 tsp. salt in all.
2. In 3 tbsp. hot butter in skillet, saute onions and tomatoes until onions are tender; stir in remaining salt, paprika, pepper, basil, nutmeg, chuck and pork. Cook 5 min. or until meat is lightly browned.
3. Rinse salted eggplant in cold water. In 12" x 8" x 2" shallow baking dish, place half of meat mixture, then all of eggplant mixture; top with rest of meat. Bake in oven until done.

HARVARD BEETS

1 can of beets, cut in small slices
2 tsp. cornstarch
1 tsp. salt
¼ cup sugar
¾ cup beet juice
¼ cup vinegar

Cook all above together, except the beets, until thick. Then add beets. Add a lump of butter before serving.

HASH BROWN POTATOES

6 cold potatoes (boiled)
½ cup salt pork, cut in bits
Salt and pepper to taste

Fryout the salt pork; when the fat is fried out, remove the bits of meat from fat. Put the potatoes in the fat and cook until brown. Toss them about until all sides are brown. Serve hot.

LYONNAISE POTATOES

Boil about 6 medium sized potatoes. Peel and slice 2 medium sized onions. Heat 2 tbsp. butter and fry the onions until they begin to turn yellow; then put in the potatoes and season and cook until golden brown. Turn the potatoes about constantly in the pan so that they may brown evenly.

OKRA PATTIES

1 qt. okra cooked in 1 cup of water 10 minutes. Drain. To ½ cup of flour add 2 tbsp. sweet milk and 1 beaten egg, ½ tsp. salt and pepper. Put okra in this mixture. Fry by spoonfuls in buttered or greased pan, turning only once. Serve hot.

ORANGE GLAZED YAMS

Boil 4 medium sized potatoes about 20 minutes. Remove from heat, peel and slice in ½" slices. Put layer of potatoes in buttered casserole. Melt 1 cup of orange marmalade with ¾ cup of water and ½ stick of butter. Pour part on first layer of potatoes; put in other potatoes and pour remaining marmalade mixture over it. Bake 15 minutes. Serves 6.

POTATOES AU GRATIN

6 medium sized potatoes, peeled and sliced
2 tbsp. butter
2 tbsp. flour
2 cups milk
Salt and pepper to taste
5 tbsp. grated cheese
2 eggs, well beaten
½ cup toasted bread crumbs

Boil the potatoes in salt water 15 minutes. Make a sauce of butter, flour, milk and beaten eggs. Put a layer of potatoes in buttered baking pan; cover with some of the sauce and ½ the grated cheese. Add another layer of potatoes and the rest of the sauce. Cover with toasted crumbs and remaining cheese. Cook in oven until lightly browned, about 10 minutes. Serve hot.

POTATO CHEESE BOATS

4 good sized long potatoes
2 tbsp. butter
1 tsp. dry mustard (optional)
1 cup grated cheese (enough to cover potatoes)

Bake potatoes, which have been well washed and greased, until done. Remove from pan and cut open lengthwise. Scoop out the inside (do not break the skins); cream well with the butter and other seasonings. Refill the skins, cover with grated cheese and bake in moderate oven until cheese melts and browns slightly. Serves 8.

POTATO PANCAKES

6 large potatoes
1 egg
4 tbsp. flour
½ tsp. salt

Peel and grate potatoes; add egg, salt and flour; stir well. Drop by tablespoonfuls into skillet of hot shortening. Fry until brown on both sides. Turn once. Serve hot.

SCALLOPED EGGPLANT

1 medium eggplant
½ cup minced onion
3 tsp. salt
1½ cups crumbled soda crackers
Dash pepper
1¼ cups milk
6 tbsp. melted butter or fortified margarine

Pare eggplant; then cut in 1" cubes. Boil with minced onion and 2 tsp. salt in ½" boiling water, in covered saucepan, until tender, but not mushy—about 5 min. Drain well. Spread hailf of cracker crumbs in greased baking dish; arrange eggplant and onion on top; then sprinkle with remaining 1 tsp. salt and pepper. Top with remaining crumbs. Pour milk in corners of baking dish, letting it trickle through and cover bottom of dish. Pour melted butter over top. Bake in moderately hot oven of 375° F. for 45 minutes. Serves 4.

SCALLOPED SQUASH

To 3 cups of cooked squash, add 1 egg well-beaten, 1 tbsp. minced onion, 1 cup sweet milk, 1 tsp. salt and 1 tsp. pepper. Combine these ingredients with 2 tbsp. butter and 1 tbsp. bacon drippings. Put in greased casserole first, half of the squash mixture and cover with cornflakes; then another layer of squash and top with cornflakes. Bake in 400° F. oven for 20 min.

SCALLOPED TOMATOES

1 No. 3 can tomatoes
¼ stick butter or margarine
1 cup toast crumbs
1 tbsp. sugar
1 tsp. salt
¼ tsp. black pepper
1 tbsp. cornstarch
2 tbsp. water
Dash celery salt
Parmesan cheese

Put tomatoes in a saucepan with salt, pepper, butter, sugar and celery salt and cook 10 minutes. Dissolve cornstarch in 2 tbsp. water; add to the tomato mixture, stir in toast crumbs. Put in buttered casserole and bake 15 minutes. Just before removing from oven, sprinkle lightly with Parmesan cheese. Serve hot.

SOUR CREAM RICE

2 cups cooked rice
½ tsp. sugar
Salt and pepper to taste
Pinch of crushed red pepper
½ lb. grated sharp cheese
½ pt. sour cream diluted with ½ cup milk

In greased casserole put one layer of rice; sprinkle with sugar, salt, pepper and crushed red pepper and layer of cheese. Repeat until casserole is filled, then cut in sour cream mixture with knife. Sprinkle with paprika and bake in moderate oven until lightly brown.

SPANISH RICE WITH CHICKEN

Fry 1 large onion (minced) and 3 or 4 cloves of garlic (minced), in oil, preferably peanut oil, until yellow. Add a cut-up roasting chicken, 4 or 5 lbs. Season with 1½ tbsp. minced parsley. Saute 15 minutes uncovered. Add 3 cups of water or pea juice (better) and the juice from a can of pimientos. Bring to a rapid boil. When boiling, add ⅓ saltspoon saffron (one 10¢ pkg. crushed) and sprinkle in 1 cup washed rice. Lower fire to a simmer and cook covered about 20 minutes, or until rice is tender. Stir occasionally to prevent sticking. Add cut-up pimientos (1 5-oz. can) and a package of frozen peas (cooked) the last five minutes to heat thoroughly.

SPINACH RING

2 cups spinach, cooked and chopped
1 small onion, grated
2 tbsp. butter, melted
2 tbsp. flour
½ cup milk
Pinch salt and pepper
3 egg yolks
3 egg whites

Make cream sauce with butter, flour, milk and salt and pepper. Cook 1 min.; add spinach, onion, and well-beaten egg yolks. Fold in beaten egg whites last. Put in greased mold, put in pan of hot water. Bake 30 minutes at 350° F. Unmold on hot platter, fill center with creamed eggs and mushrooms. May be garnished with pickle beets.

STEAMED CABBAGE

Cut the hard center of the cabbage out, there will be no odor when cooking. 2 lbs. of cabbage, cut in 1¼" bits. After thoroughly washing, put in cold water for 10 minutes. Drain; put in pot with 1 cup of boiling water and 2 tbsp. bacon drippings. Cook 8 minutes. May season with butter if preferred.

STUFFED EGGPLANT

1 large eggplant
2½ tsp. salt
2½ cups day-old bread crumbs
⅛ tsp. pepper
1 tbsp. minced parsley
1 tbsp. minced onion
1 egg, beaten
6 slices bacon, diced and sauteed
1 tbsp. melted butter

Cut eggplant in half lengthwise. Cook, covered in ½" boiling water to which 2 tsp. salt have been added for 10 min., or until tender. Drain; scoop out center of each half eggplant, leaving ¼" rim around shell. Sprinkle shell lightly with extra salt and pepper. Combine eggplant pulp with 2 cups crumbs, ½ tsp. salt, and next 5 ingredients. Fill shells with this mixture; then top with remaining ½ cup crumbs, to which butter has been added. Bake in 375° F. oven for 30 minutes. Serves 4.

STUFFED PEPPERS

6 green peppers
1¼ cups cooked meat (chicken, ham, or veal, minced)
½ medium onion, grated
1¼ cups moistened bread crumbs
Salt and pepper
1 tbsp. melted fat

Cut a slice from stem end of each pepper; remove seed and parboil peppers 10 minutes. M . minced meat, grated onion and moistened bread crumbs. Stuff each pepper with this mixture and place in baking pan. Add water or stock from chicken or meat. Bake in moderate oven, 375° F. 30 minutes.

If peppers are very large, cut in two; fill each half, sprinkle bread crumbs lightly on top, bake and serve.

STUFFED SQUASH

6 yellow squash
Butter size of walnut
1 egg, beaten
Salt and pepper
1 cup bread crumbs

Boil squash 10 min., remove from saucepan. Cut out good sized opening —save and mash what is removed with butter, beaten egg, salt, pepper and bread crumbs. Fill the squash with the mixture, put in baking dish and bake 15 minutes at 400° F. Serves 6.

SWEET POTATOES en SURPRISE

Boil 4 medium sized sweet potatoes in water until done. Remove from heat, peel and run through potato ricer. Add ¼ stick butter; cool. Shape in balls, putting a large marshmallow in each ball. Beat 1 egg until light; dip each ball in the egg, roll in crushed cornflakes. Fry in deep fat until brown. Fry only a few at the time. Delicious with any meat or fowl.

SWEET POTATOES IN ORANGE CUPS

To 3 cups of cooked and creamed sweet pototoes, add ¼ stick of butter, melted with ½ cup of sugar, ½ cup of seeded raisins, ½ cup of chopped walnuts and ½ cup sherry wine. Cut 4 good sized oranges in half; remove segments, save segments and juice. Remove as much of the white film from orange rinds as possible. Fill with the sweet potato mixture. Put in pan and let get hot. Put large marshmallow on top of each orange filled cup and let get slightly brown. Delicious with roasts, steaks and fowls.

TOMATOES A LA CREOLE

1 large green sweet pepper
1 small onion
4 good sized tomatoes
Salt, pepper and butter to season

Sauce:

¼ cup milk
¼ cup cream
1 tbsp. flour
1 tbsp. butter

Peel the tomatoes and cut them in two. Put them in a baking pan, covering each with a slice of onion and chopped pepper. Dot liberally with butter, salt and pepper. Bake until vegetables are done. Remove from heat and keep hot.

Sauce: To the liquor in the pan, add the milk and cream. Rub the flour and butter and stir them in the sauce with the salt and pepper. Cook until the sauce thickens. Put the tomatoes on slices of hot toast; pour the sauce over them and serve hot.

ZUCCHINI IN CREAM

Simmer 10 min. in water to cover: 6 small zucchini, in ½" slices. Drain zucchini; turn into 8° pie plate. Start heating oven to 375° F. In small saucepan combine:

⅔ cup commercial sour cream
1 tbsp. butter or margarine
¼ cup grated sharp Cheddar cheese
½ tsp. seasoned salt

Heat, stirring, until blended. Pour over zucchini. Top with:

3 tbsp. fresh bread crumbs
2 tbsp. grated sharp Cheddar cheese

Bake 10 min., or until crumbs are golden. Let stand 5 min. Makes 4 servings.

ZUCCHINI WITH EGGS

In large skillet heat: 3 tbsp. olive oil. In it, saute until tender-crisp: 6 small zucchini, in ¼" slices. Meanwhile, preheat broiler 10 min. or as manufacturer directs. Combine:

4 eggs, beaten
½ tsp. seasoned salt
¼ tsp. pepper
½ cup grated Parmesan cheese

Pour egg mixture over zucchini; cook, without stirring, over low heat until edges are lightly browned. Then run skillet under broiler just until eggs are golden. To serve, cut in wedges. Makes 4 to 6 servings.

SALADS

AVOCADO AND GRAPEFRUIT SALAD

Get 6 grapefruit and 4 avocados. Cut peel from grapefruit and slice fruit into sections. This can be done early in the day. Later, about 2 hours before serving time, peel skin from avocados, cut in half, remove stones and put avocados into lemon or grapefruit juice diluted with water. Have a variety of crisp salad greens. To assemble salad, cut the avocados into strips the long way, combine with grapefruit sections and arrange on salad greens. Serve with roquefort dressing.

CABBAGE SALAD SUPREME

1 pkg. lemon gelatin
1⅔ cups boiling water
1 cup chopped cabbage
½ cup crushed pineapple
⅓ cup diced celery
2 tbsp. minced green peppers
2 tbsp. minced pimientos
¼ tsp. salt
2 tbsp. lemon juice
2 tbsp. mayonnaise

Dissolve gelatin in water. Cool, add rest of ingredients and pour into shallow mold. Chill until firm, unmold on lettuce and top with dressing.

Dressing:

½ cup whipped cream
1 tbsp. lemon juice
⅔ cup stiff mayonnaise
2 tbsp. French dressing

Chill ingredients, combine and serve immediately.

CHICKEN SALAD

3 cups cooked chicken, cut in ½" bits. 1½ cups finely diced celery. Enough mayonnaise to mix to serving consistency. 2 tbsp. chopped sweet pickle may be added, if desired.

CHICKEN AND PINEAPPLE SALAD

1. Sprinkle 1 envelope unflavored gelatine on ½ cup cold chicken stock or bouillon to soften.
2. Add 1 cup hot chicken stock or bouillon and stir until gelatine is thoroughly dissolved.

3. Add ½ tsp. salt, 2 tbsp. lemon juice and ¼ cup canned pineapple syrup.
4. Chill to unbeaten egg white consistency.
5. Fold in 1½ cups diced cooked chicken, ½ cup drained canned crushed pineapple and ½ cup diced celery.
6. Turn into a 3 cup mold or individual molds and chill until firm.
7. Unmold on salad greens and serve with mayonnaise or salad dressing.
8. Makes 6 servings.

*If fresh or frozen pineapple syrup or juice is used, boil 2 minutes before combining with gelatine.

CRAB MEAT SALAD

2 tbsp. instant minced onion
⅓ cup chili sauce
⅓ cup mayonnaise
1 tsp. salt
½ tsp. dry powdered mustard
⅛ tsp. ground black pepper
3 tbsp. tarragon vinegar
1 tbsp. lemon juice
2 cups diced flaked crab meat
4 hard cooked eggs, diced
1 medium green pepper, diced

Combine onion, chili sauce, mayonnaise, salt, mustard, pepper, vinegar and lemon juice and blend. Combine crab meat, eggs and green pepper. Add dressing, and toss lightly. Serve on beds of lettuce. Garnish with green pepper rings. Makes 4 main dish servings.

If you feel adventurous, add 3 chopped drained anchovy filets to the salad. If anchovies are added, decrease the amount of salt used, for anchovies are quite salty, you know.

CRANBERRY SALAD

Cook 1 quart cranberries in 3½ cups water for 30 minutes. Soak 2 tbsp. gelatine in ½ cup cold water. Strain the cranberry mixture over it, and stir until dissolved. Let stand until cool. When cool, add 1 cup chopped black walnuts, 1 cup diced pineapple and 1 cup seeded white grapes. Pour into wet molds. Chill overnight. Serve on lettuce leaves with mayonnaise or boiled dressing. Garnish with parsley.

CUCUMBER ASPIC

1 pkg. lime gelatin
1½ cups water
2 tbsp. vinegar
1 tsp. grated onion (may be omitted)
½ tsp. salt
Dash white pepper
1 cup grated small cucumbers

Dissolve the gelatin in 1 cup hot water; when thoroughly dissolved, add ½ cup cold water, vinegar and seasonings; chill until slightly thickened. Add the diced cucumber and fill into small molds; set in a cold place until firm. Serve on crisp lettuce with dressing; garnish with paprika.

EGYPTIAN SALAD

1 ½-lb. pkg. cream cheese
½ cup pecans, chopped
1 cup diced celery
1 pinch of salt
1 small can crushed pineapple
1 pkg. lime jello
1¾ cups hot water

Mash cheese, blend in pineapple; add nuts and celery. Dissolve gelatin in water. When cool, mix with cheese. Pour into individual molds, place in refrigerator until congealed. Serve with favorite salad dressing on lettuce.

FRUIT SALAD SUPREME

1 lb. malaga grapes, seeded and halved
1 can white cherries, seeded and halved
1 cup diced celery
1 cup chopped pecan meats

Let 4 tbsp. vinegar, 2 tbsp. lemon juice, 1 tbsp. butter, ½ tbsp. ground mustard, 1½ tsp. salt, 2 tbsp. sugar and 1 small pinch of cayenne pepper all come to a boiling point. Then beat in 2 well beaten eggs. Let the above mixture cool. When cool beat in ½ pt. whipped cream. Beat into this dressing the grapes, cherries, celery and nuts. Next beat in quickly 1 tbsp. of gelatin dissolved in ½ cup of the cherry syrup, drained from the cherries. Beat the gelatin fast so it will not lump. Blend all other ingredients with gelatin, put in molds or refrigerator trays to congeal. Do not freebe. This salad **does not** need any dressing. Serve on lettuce.

GINGER ALE SALAD

1 pkg. lemon or lime jello
½ cup boiling water
1½ cups ginger ale
4 tbsp. nuts, finely chopped
4 tbsp. celery, finely chopped
1 tbsp. crystallized ginger, finely cut, if desired
1 cup assorted fruits, diced

Dissolve jello in boiling water, placing it over hot water if necessary. Chill. Add ginger ale. When slightly thickened, fold in nuts, celery, ginger and fruits. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Serve with cream cheese dressing.

LIME PEACH SALAD

1 pkg. lime jello—prepare according to directions on box. In refrigerator tray, put halves of sweet pickle peaches; then pour lime jello over them and put in refrigerator to set. Serve on lettuce with cream cheese dressing.

LIME VEGETABLE AND FRUIT SALAD

1 pkg. lime jello
1 cup boiling water
1 cup grated cabbage
1 cup grated pineapple
1 cup thinly sliced apples
1 cup ice water
Juice of 1 lemon

Dissolve jello in hot water, then add ice water and other ingredients. Mix well and pour in molds and put in refrigerator to congeal. Serve with Roquefort cheese dressing.

MOLDED CRANBERRY SALAD

Drain 1 No. 2 can crushed pineapple. Add enough water to the pineapple syrup to make 1 cup liquid, then soften 3 envelopes lemon gelatin and 2 envelopes unflavored gelatin in the syrup. Cook 1½ lbs. fresh cranberries in 3 cups water until skins pop. Drain cranberries and add 3 cups hot cranberry juice to the gelatin mixture (if necessary add boiling water to make 3 cups). Puree cranberries and stir in 1½ cups sugar, 1 tsp. cinnamon and ½ tsp. nutmeg. Chop enough celery and walnuts to make 1½ cups each. Add the celery, walnuts, pureed cranberries, 1 cup crushed pineapple, 1 finely ground orange and the juice of 1 lemon to gelatin mixture. Pour into a 3-quart ring mold and chill until firm. Unmold on crisp lettuce and serve with a mayonnaise fruit dressing. Makes 10 to 12 servings.

ORANGE BLOSSOM SALAD

2 pkg. orange jello
1 can white cherries
1 can crushed pineapple
Juice of 2 lemons
Segments of 2 oranges, diced
1 cup whipping cream, beaten stiff
1 cup sherry wine
½ cup mayonnaise

Dissolve jello in heated juice of cherries; add 2 cups boiling water. When jello has completely melted ,add other ingredients. Mix well and pour into individual molds or one large mold. Put in refrigerator to congeal. Serve on crisp lettuce, topping with your favorite salad dressing.

ORANGE SUMMER SALAD

On lettuce-covered salad plates, arrange 5 or 6 segments of Sunkist Orange, from which enveloping membrane has been removed; 5 or 6 strawberries; and 5 or 6 stoned white cherries. Serve with any desired dressing.

ORIGINAL PERFECTION SALAD

1. Mix 1 envelope unflavored gelatin, ¼ cup sugar and ½ tsp. salt together thoroughly in a saucepan.
2. Add 1¼ cups water and stir over medium heat until gelatin and sugar are thoroughly dissolved.
3. Remove from heat. Add ¼ cup mild vinegar and 1 tbsp. lemon juice. Chill to unbeaten egg white consistency.
4. Fold in ½ cup finely shredded cabbage, 1 cup chopped celery and 1 pimiento, cut in small pieces or 2 tbsp. chopped sweet red or green pepper.
5. Turn into individual molds and chill until firm. Serve on lettuce, top with mayonnaise dressing.
6. Makes 4 servings.

PORT WINE SALAD

1 can black pitted cherries
1 pkg. cherry jello
1 cup Port wine
½ cup almonds or pineapple

Heat juice and pour over jello. Stir until dissolved and cool. Add wine, cherries and almonds. Pour into molds and put in refrigerator. Serves 10.

PEAR SALAD

Mix a pkg. cream cheese with a little sweet cream and add a few chopped nuts to it. Fill the centers of two halves of canned pears with the mixture and fasten the halves together with a tooth pick. The salad can be made more attractive by coloring one of the sides of the pear with a little pink vegetable coloring or beet juice. To add to the naturalness of the effect, stick a stem with one or two green leaves into the stem of the pear, and a clove in the blossom end. Set the pear on a lettuce leaf and serve with nut dressing.

Nut Dressing:

To 4 tbsp. lemon juice, add 12 tbsp. wesson oil, 1tsp. salt, ¼ tsp. sugar, pinch white pepper, and ¼ tsp. paprika. Beat the ingredients and then add 4 tbsp. finely chopped nuts.

SHRIMP TOMATO MOLD

1. Sprinkle 1 envelope unflavored gelatin on ½ cup cold tomato juice to soften.
2. Add 1¼ cups hot tomato juice and stir until gelatin is thoroughly dissolved.

3. Stir in ½ tsp. salt, 1 tsp. horseradish and 1 tbsp. lemon juice.
4. Chill to unbeaten egg white consistency.
5. Add ½ cup diced celery, 2 tbsp. diced green pepper and 1 cup cooked or canned shrimp.
6. Turn into a 3-cup mold or individual molds and chill until firm.
7. Unmold on salad greens and serve with mayonnaise.

TOMATO ASPIC

1 qt. can tomatoes
2 medium sized onions
1 scant tbsp. salt
1 heaping tbsp. whole cloves
3 tbsp. vinegar
½ cup water or chicken broth

Cut up onions and add all ingredients above. Let come to a boil 20 minutes. Dissolve 1 pkg. gelatin in ½ cup cold water, add the cooked mixture while hot; strain and pour into molds.

A tbsp. lemon juice and a tbsp. Worcestershire sauce may be added, if desired.

TOMATO ASPIC SALAD

2 envelopes gelatin
1 cup cold water
¼ tsp. salt
1 can tomato soup
1 cup hot water

Soak gelatin in cold water 8 minutes. Heat soup with the hot water; pour in gelatin and stir until dissolved. Add juice of 1 lemon, ¼ cup chopped celery, 1 tbsp. minced onion, ¼ cup pickles chopped, ¼ cup stuffed olives, ½ tsp. salt and a dash of black pepper. Put in refrigerator to congeal. Serve on lettuce; top with dressing.

VEGETABLE SALAD

1 cup tomato juice
1 can Veg-All (canned mixed vegetables)
½ cup liquid from Veg-All
½ cup water
½ tsp. salt
¼ cup vinegar

Heat tomato juice, vinegar, water and liquid together; add 1 pkg. Royal aspic and then the drained Veg-All. Mix and set aside to congeal. Serve on crisp lettuce with Taregon Dressing.

WALDORF SALAD

1. Mix 1 envelope unflavored gelatin, ⅓ cup sugar and ½ tsp. salt together thoroughly in a saucepan.
2. Add 1½ cups water and stir over medium heat until gelatin and sugar are thoroughly dissolved.
3. Add ½ tsp. salt, 2 tbsp. lemon juice, and ¼ cup canned pineapple syrup.
4. Chill to unbeaten egg white consistency.
5. Fold in 1½ cup diced cooked chicken, ½ cup drained canned crushed pineapple, and ½ cup diced celery.
6. Turn into a 3-cup mold or individual molds and chill until firm.
7. Unmold on salad greens and serve with mayonnaise or salad dressing.
8. Makes 8 servings.

*If fresh or frozen pineapple, syrup or juice is used, boil 2 minutes before combining with gelatin.

YUM YUM SALAD

2 cups crushed pineapple
1 cup sugar
½ cup cold water
1 cup grated cheese
1 lemon
1 pint whipping cream
2 tbsp. gelatin

Dissolve 1 cup sugar in juice of 1 lemon. Soak 2 tbsp. gelatin in ½ cup cold water 10 minutes. Heat juice from pineapple and pour over gelatin which has been soaked, and the sugar and lemon juice. Mix thoroughly. Let stand in refrigerator until partly congealed, about 20 or 30 minutes. Then whip with egg beater until thick like whipped cream. Whip ½ pint thick cream and add to above mixture. Add grated cheese and pineapple. Set in molds in a cool place until ready to serve. Serve on crisp lettuce with mayonnaise dressing.

SAUCES

ALLEMANDE

A variation of veloute (recipe listed under sauces). Add 1 egg yolk, 1 tbsp. liquid drained from canned mushrooms, 1 tbsp. lemon juice and 3 tbsp. grated Parmesan cheese to a recipe of veloute. Serve on Chicken or ham croquettes, fish or meat loaf.

APRICOT SAUCE

1 12-oz. can apricot nectar, undiluted
½ cup granulated sugar
8 canned whole apricots, drained
2 tbsp. lemon juice

In saucepan, simmer apricot nectar with sugar 20 min., or until it becomes a thick syrup. Meanwhile, pit and halve apricots. Add apricot halves and lemon juice to syrup; heat 5 min., serve hot. Makes 2 cups.

AVOCADO SAUCE

Peel and remove seed of 2 avocados. Mash to a smooth paste; add the juice of 1 lemon and 2 limes, salt and pepper to taste, 1 tbsp. mayonnaise and 1 tsp. grated onion. Wix well and stir in 1 cup of French Dressing. This is delicious served on tomatoes, lettuce or meats and chicken.

BARBECUE SAUCE

1 pt. vinegar
1 pt. water
½ pt. catsup
1 stick butter
½ cup black pepper
½ cup red pepper
1 tbsp. Worcestershire sauce
1 tbsp, flour for thickening

Stir flour in smooth paste with a little of the water. Blend with all other ingredients and bring to boiling point. Serve with meats or fowl.

BLUE CHEESE SAUCE

Mash 1 clove of garlic and add 2 tbsp. olive oil. Blend in ½ cup crumbled blue cheese and 2 tbsp. of sherry. Spread on top of steak while hot and run under broiler until cheese melts and browns slightly.

BECHAMEL SAUCE

1 cup chicken stock or 1 bouillon cube in 1 cup water
¼ cup butter, melted
3 tbsp. flour
½ tsp. salt
Dash pepper
½ tbsp. paprika
1 cup coffee cream
2 tsp. lemon juice
4 sliced olives

Blend butter, flour and seasonings; add combined stock and cream. Cook until thick. Remove from fire, add lemon juice and olives finely cut, mix well. May be served over oysters or fish fillets.

CHEESE SAUCE

2 tbsp. butter
2 tbsp. flour
1 cup milk
½ cup cheddar cheese
1 tbsp. lemon juice
¼ tsp. salt

Melt butter; add flour and milk slowly. Cook until thick, stirring constantly. Add other ingredients, stir well and serve while hot.

COCKTAIL SAUCE

½ cup tomato catsup
2 tbsp. horseradish
3 tbsp. lemon juice
Dash tabasco
¼ tsp. salt

Mix these ingredients and add 1 tbsp. minced onion. Chill before serving.

CREOLE SAUCE I

4 egg yolks
2 tbsp. taragon vinegar
2 tbsp. grated onion
½ tsp. salt and pepper
1 stick butter
½ cup water
2 beef bouillon cubes, melted in water

Beat the egg yolks well; put in double boiler with other ingredients, stirring constantly until thick as heavy cream. Nice to serve with meats or fish.

CREOLE SAUCE II

Brown 2 slices of onions, 2 chopped ribs of celery, ¼ cup chopped green peppers lightly in ¼ cup of oil. Blend in 2 tbsp. flour, salt and pepper to taste, 1 tsp. monsodium glutamate, 2 cups canned tomatoes and 1 tsp. chili powder. Simmer 10 minutes.

A versatile sauce for meats and vegetables.

CUCUMBER SAUCE

2 cucumbers
1 tsp. lemon juice
1 tsp. onion juice
2 tbsp. olive oil
1 tbsp. vinegar
Salt and pepper to taste

Peel the cucumbers and then grate them; drain well to remove moisture, add onion juice, lemon juice, oil, vinegar and seasonings. Blend well and serve as soon as made. Very good with shrimp or other seafood.

EGGNOG SAUCE

2 eggs
1 cup double rich cream
½ cup apple brandy or sherry wine
2 tbsp. sugar

Separate the eggs. Whip the whites stiff, but not dry. Whip the cream almost to butter; then whip the yolks of the egg until they are light. Add the brandy beating briskly, then the sugar and egg whites. Lastly the cream; beat 2 or 3 minutes hard. A delicious sauce for puddings.

FISH SAUCE

1 small jar gherkins
1 small par capers
½ bunch parsley
½ bunch shallots
¾ cup olive oil
½ cup Wesson oil

Cut the gherkins, capers, parsley and shallots very, very fine. Heat the oils, add the chopped ingredients. Continue to simmer for 5 min. Serve with fish or seafoods.

FOAMY SAUCE

1 cup powdered sugar
¼ cup boiling water
½ cup butter
1 egg white
4 tbsp. Sherry

Cream butter and sugar; add the boiling water to the stiffly beaten egg whites. Blend with the butter and sugar mixture and the Sherry wine. Delicious with puddings. Serve at once.

HARD SAUCE

½ stick butter
1 cup sugar
Sherry wine or brandy
Nutmeg

Cream butter and sugar together; add brandy or sherry and beat until consistency of stiffly beaten cream. More sugar may be added if necessary. Sprinkle with grated nutmeg when served. Very good with steamed or fruit puddings.

HOLLANDAISE SAUCE I

Juice of ½ lemon
2 unbeaten egg yolks
½ cup butter
¼ tsp. salt
Dash cayenne

Add lemon juice to egg yolks. Cut butter into 3 parts and add 1 part to egg yolks. Cook over hot, not boiling water, stirring constantly until butter is melted and sauce thickens. Add 2nd part of butter and stir again until butter melts and sauce thickens up more. Repeat with 3rd part of butter; stir until thick as mayonnaise. Remove from heat, stir seasonings into sauce and beat with a wire whisk until shiny, about ½ minute. If sauce curdles, beat in 2 tbsp. boiling water until smooth again.

HOLLANDAISE SAUCE II

2 tbsp. butter
1 tbsp. flour
Juice of ½ lemon
Yolks of 2 eggs
½ tsp. salt
Dash cayenne pepper

Blend butter with flour, cook over hot water until slightly thickened. To this add the juice of lemon and salt. Remove from heat and beat in egg yolks. Beat 1 minute and serve.

HOMEMADE MAYONNAISE

Rinse a mixing bowl in very hot water and dry thoroughly. In it beat 2 egg yolks. Add ½ tsp. dry mustard and 1 tsp. vinegar. Continue beating and begin adding 1 cup salad oil, drop by drop, until a little more than ¼ cup has been added.

Add ½ tsp. vinegar, still beating, and add remaining oil little by little. Finish by beating in another ½ tsp. vinegar.

This mayonnaise puts a halo on salads. It can be used for the basis for other salad dressings.

MUSHROOM SAUCE

1½ tbsp. butter
2 tbsp. flour
1½ cups stock
1 bay leaf
1 slice of onion
1 cup mushrooms

Cook the butter and flour together until slightly browned; add the stock ((chicken or beef) or 2 bouillon cubes in 1½ cups water. Add the onion and bay leaf and cook 10 minutes. Remove the onion and bay leaf and add the sliced mushrooms. If the mushrooms are fresh, cook in a little water with a little butter for 5 minutes; add to the sauce and cook 5 minutes more. Season and serve.

LEMON SAUCE SUPERB

Cream ¼ lb. butter, 1¼ cups sugar; add 4 egg yolks, one at the time, beating briskly each time. Add juice of 2 lemons, still beating rapidly; add ¾ tsp. vanilla. Fold in stiffly beaten egg whites and lastly 1 cup of stiffly beaten cream. Take an angel cake, split as a layer cake; fill with sauce, then cover all with remaining sauce.

MUSTARD MAYONNAISE SAUCE

1 egg yolk
1 tsp. salt
1 tsp. dry mustard
¼ tsp. granulated sugar
¼ tsp. paprika
Pinch cayenne
2 tbsp. wine, vinegar or lemon juice
1 cup salad oil
1 tbsp. minced onion
1 tbsp. minced parsley

Beat yolks with hand or electric beater at high speed until thick and lemon-colored. Combine seasonings, and add, beating well. Beat in 1 tbsp. vinegar. Add oil, ½ tsp. at a time, while beating, until ¼ cup is used; then 1 to 2 tbsp. may be added at a time. When mixture is thickened, beat in remaining vinegar, then rest of oil gradually. Stir in minced onion and parsley. Makes 1½ cups. Serve with broiled or fried fish, or as a salad dressing.

PARSLEY SAUCE

2 tbsp. butter
2 tbsp. flour
1 cup milk
1 tsp. lemon juice
Salt and pepper to taste
2 tbsp. chopped parsley

Put the butter and flour together in a saucepan, blend thoroughly; add the milk, a little at the time, stirring constantly until it boils. Cook 5 min. Add he salt, pepper and lemon juice. Just before serving add the chopped parsley. Delicious with new white potatoes (add a little grated cheese to sauce before serving). Also delicious with broiled fish.

PICKWICK COCKTAIL SAUCE

1 cup mayonnaise
1 cup chili sauce
1 tbsp. Worcestershire sauce
3 dashes tobasco
1 tbsp. A-1 sauce
½ tsp. anchovy paste
2 tsp. horseradish

Mix well and serve chilled over crab or shrimp.

RAISIN SAUCE

A favorite with ham. Mix ⅓ cup brown sugar, 1 tbsp. mustard, dash of salt and pepper. Add 1¾ cups hot water and ¼ cup vinegar or sherry. Cook over low heat about 10 minutes. Add 1 tbsp. butter. Heat and serve.

SAUCE LAMAZE

1 cup mayonnaise
⅓ cup chili sauce
¼ cup drained pickle, relish
1 hard cooked egg, finely chopped
1 tsp. Worcestershire sauce
2 tbsp. minced celery
1 tsp. minced chives
1 tsp. minced green pepper
1 tsp. finely chopped pimiento
Freshly ground black pepper, to taste
½ tsp. monsodium glutamate

Have mayonnaise at room temperature; fold in all ingredients lightly. Makes 2 cups.

SAUCE NICOISE

Finely chop 1 small green pepper. Add 1 cup mayonnaise along with ½ tsp. each of chopped tarragon and chives or green onions and 1 tbsp. tomato paste.

For Russian dressing, add 3 tbsp. chili sauce, 1 tsp. each of finely chopped pimientos and chives. Wonderful on avocado salads.

SAUCE REMOULADE

Add ½ cup finely chopped drained sour pickles, 2 tbsp. drained chopped capers, 1 tbsp. prepared mustard, 1 tbsp. of mixed chopped parsley, tarragon and chevil to 2 cups mayonnaise.

Serve sauce Lamaze on plain lettuce or on a salad of cooked vegetables.

SOUBISE

Cook 2 cups finely minced onions in a little butter until golden. Add 1 cup medium cream sauce, heat and serve. Serve with vegetables, veal or hard cooked eggs.

TOFFEE SAUCE

½ cup old fashioned molasses
1 cup firmly packed dk. brown sugar
¼ tsp. salt
⅓ cup water
1 tbsp. cider or white vinegar
1 tbsp. butter or margarine
½ tsp. vanilla
½ cup undiluted evaporated milk

In a 2½ quart saucepan, mix together the molasses, sugar, salt, water and vinegar. Cook over moderate heat, without stirring, for 10 minutes, or until candy thermometer registers 232 degrees or when a small amount dropped in very cold water forms a soft ball. Remove from heat; stir in butter and vanilla. Cool; stir in evaporated milk. Makes 1 cup.

TARTAR SAUCE

To 1 cup mayonnaise add 1 tbsp. tarragon vinegar, 3 tbsp. drained sweet pickle relish, 1 tbsp. dried dill seed, 1 tsp. dried parsley flakes, pinch of salt, ½ tsp. Worcestershire sauce, dash of tabasco and pinch of dry mustard. Blend and serve on seafood.

VELOUTE

A cream sauce made with 2 tbsp. each of butter and flour and 1 cup well-seasoned chicken broth. Season with salt and white pepper.

VINAIGRETTE

To ½ cup French dressing add 1 tbsp. minced green pepper, 1 tsp. chopped chives or green onions, 1 tsp. chopped parsley, 1 tsp. chopped capers, 1 tbsp. chopped olives and 1 tbsp. pickle relish. Serve cold on hot or cold vegetables, cold meats or hard cooked eggs.

WHITE SAUCE

A white sauce should be no problem. For a thin one, use 1 tbsp. each of butter and flour to 1 cup liquid; for a medium sauce, 2 tbsp. of each to 1 cup liquid; for a thick sauce, 4 tbsp. each to 1 cup liquid.

Use a thin cream sauce for soups, a medium one for dishes like chicken a la king and as a base for making cheese sauce, a thick one for binding croquette ingredients.

To make cream sauce, melt butter over low heat. Add flour and blend. Add liquid at once. Cook stirring, until smooth and thickened.

A wide variety of seasonings may be added to medium cream sauce to prepare it to blend with all sorts of foods. Add dry mustard, grated sharp cheese, horseradish, curry powder, etc., for example.

WINE SAUCE

1 tbsp. butter or margarine
1 tbsp. snipped chives
2 tbsp. flour
1 cup dry red table wine
1 can beef consomme
5 whole peppercorns
2 whole cloves
Pinch of allspice
1 small clove garlic, crushed
1 tbsp. chopped parsley
1 tsp. lemon juice

Melt butter in a saucepan. Add chives. Cook over very low heat 2 min. Stir in flour; continue to cook and stir until flour is golden brown. Add wine, consomme, peppercorns, whole cloves, allspice and garlic. Bring to a boil; lower heat and simmer 15 min., stirring occasionally. Strain through a fine sieve into another saucepan. Add parsley and lemon juice. Reheat. Makes 1½ cups.

ZINGARA

Zingara sauce is a white wine sauce with meat essence, minced mushrooms, truffles, ham and tongue with a good sprinkling of cayenne pepper.

SANDWICHES

BACON AND TOMATO

8 strips bacon
4-6 ripe tomatoes
Salt and pepper
Salad dressing
Butter or margarine
16 slices bread

Panfry or broil bacon until crisp. Slice tomatoes thin. Toast bread and spread with butter or margarine. Serve with bacon, sliced tomatoes sprinkled with salt and pepper, and spread with salad dressing. This preparation makes 8 sandwiches.

CLUB SANDWICH

Toasted bread
Slices of bacon
White meat of chicken
Slices of tomatoes
Lettuce
Mayonnaise

Butter lightly a slice of bread and lay on it slices of thin broiled bacon. Over this place slices of the white chicken meat, then tomatoes, lettuce and a good serving of mayonnaise. Lay another slice of buttered toast over the top and serve at once.

COLD MEAT SANDWICHES

Sliced Meat: Place slices of cold roast beef, pork, veal, chicken, or turkey (season with a little salt); meat loaf, ham, tongue or corned beef between slices of buttered bread. Cut and wrap in waxed paper. Include radishes, green peppers, carrot sticks, sliced tomato, pickles or olives wrapped in waxed paper. Occasionally spread bread with Savory butter for appetizing flavor.

Chopped Meat: Place cut cooked meat on wooden board and chop fine with knife. Combine with ingredients such as diced celery, minced green pepper, chopped pickle and salad dressing. Spread between buttered slices of thin-sliced bread.

Luncheon Meat: Combine 1½ cups luncheon or ready-to-serve meat put through food chopper with ½ cup grated raw carrots, salt, pepper and salad dressing. Store covered in refrigerator. (10 to 12 sandwiches).

CHICKEN SALAD SANDWICHES

3 cups cold cooked chicken
2 cups diced celery
Salt and pepper
1 tbsp. lemon juice
Enough mayonnaise to mix to right consistency to spread

The sandwiches may be made with either white or whole wheat bread. Butter the bread and fill with the chicken salad. Cut diagonally or in strips. A little India relish or finely chopped sweet pickle may be mixed in the chicken salad, if desired.

DELIGHTFUL CHEESE SPREADS

2 tbsp. butter or margarine
1 tsp. dry mustard
2 tbsp. flour
1 cup milk
1 cup grated cheese
salt and pepper

Melt butter or margarine; stir in mustard and flour; gradually add milk and stir until smooth and thickened. Cook 5 minutes. Add grated American cheese and cook over low heat, stirring continually until cheese is melted. Turn into glass jar; when cool, cover and store in the refrigerator. Spread for 8 to 10 sandwiches.

Savory Cheese Spread: Add ¼ cup chopped pimiento, pickle relish, chopped olives or 1 tsp. Worcestershire sauce to the cooked filling.

Quick Cheese Sandwiches: Spread buttered bread with prepared mustard; add slice of American cheese and cover with buttered bread. Cut in triangles.

MINCED CHICKEN

1½ cups minced cooked chicken
1 hard-cooked egg
½ tsp. grated onion
⅓ cup mayonnaise
Salt and pepper
Thin-sliced bread

Combine minced chicken, riced or sieved hard-cooked egg, seasonings and mayonnaise. Spread thin sliced bread with soft butter or margarine; add filling and cover with buttered bread. Trim crusts; cut in small squares, triangles, strips, etc. or cut bread with fancy cutters; spread with butter, filling and cover as above. Makes about 75 sandwiches.

MONACO SANDWICHES

Yolks of 2 hard-boiled eggs
3 tbsp. butter
2 tbsp. shrimp paste
Salt and pepper to taste

Put the yolks of eggs in a bowl with the butter and rub until smooth with the back of a spoon. Add the salt and pepper and fish paste and 1 tbsp. of mayonnaise. Spread rather thickly between buttered bread. Cut in shapes as desired.

OPEN FACE CRAB SANDWICH

¾ cup fresh mushrooms, finely chopped
2 tbsp. butter
¼ tsp. celery salt
6 slices tomato
6 slices bread, crusts removed
1 can (6 oz.) crabmeat
1 egg, beaten
Salt and pepper
¾ cup grated sharp cheese

Cook mushrooms in butter for a few minutes. Season with celery salt. Place a tomato slice on each slice of bread. Place mushrooms on tomato slices, dividing evenly. Drain and flake crabmeat and add to egg with salt and pepper as desired. Place on top sandwiches. Sprinkle with cheese. Run under broiler until heated and cheese is melted. Makes 6 sandwiches.

OPEN FACE CREAM CHEESE SANDWICH

Cut the bread in triangles, diamond or strips. Mix cream cheese (2 2-oz. pkgs.); add grated cucumber, pimiento or other flavorings. Put in pastry tube and flute the edges of sandwiches which have been spread with the cream mixture. May be garnished with slices of stuffed olives. Color may be added to any or all of cheese mixture as desired.

ROAST BEEF

For individual servings, place hot sliced beef on a slice of bread and cover with another slice of bread. Cut in 2 triangles and place on the plate with mashed potatoes. Pour a generous amount of medium thin brown gravy over the sandwich. Serve as a main dish sandwich plate for lunch or supper menus.

Serve hot roast pork, veal, chicken or turkey sandwiches prepared in the same way with mashed, riced or French fried potatoes. Spiced pickle beets, corn relish, spiced fruit, applesauce or jelly are good accompaniments.

SALMON AND CELERY

1 cup flaked salmon
⅓ cup minced celery
½ cup tart apples (diced)
1 tsp. lemon juice
4 tbsp. mayonnaise
Butter or margarine
Thin sliced bread

Combine flaked salmon, celery, apple, lemon juice and mayonnaise. Tuna, other fish or shrimp may be substituted for salmon. Spread between buttered slices of bread—especially good with wheat bread. Cut; wrap in waxed paper. Makes 10 sandwiches.

Salmon with Cucumber—Combine flaked salmon, ¼ cup finely diced, drained cucumber, 1 tsp. grated onion, 1 chopped hard-cooked egg, salt, pepper and 1 tbsp. mayonnaise. Filling for 5 or 6 sandwiches.

SLICED CHICKEN

1½ cups chicken stock
½ cup milk
3 tbsp. cornstarch
Salt and pepper
Hot sliced chicken
8 slices wheat bread
Parsley or lettuce
Spiced peaches

Heat strained rich chicken stock; gradually add cornstarch mixed with cold milk; stir until smooth and thickened. Cook 8 minutes. Place slices of toasted wheat bread on each plate; lay sliced chicken on top; spoon over gravy. Cover with slice of wheat toast, pour gravy and top with a slice of chicken as above. Serve hot with spiced peaches or green gage plums. (Serves 4.)

TUNA SANDWICHES

1 cup flaked tuna fish
1 tsp. lemon juice
½ cup diced celery
2 tbsp. minced parsley
Salt and pepper
4 tbsp. salad dressing
Butter or margarine
White or wheat bread

Mix flaked tuna or other cooked fish with lemon juice, chopped hard-cooked eggs, celery, parsley, salt, pepper and salad dressing. Add milk or additional salad dressing to moisten. Spear between buttered slices of white or wheat bread. Cut; wrap as individual sandwiches. Include sliced pickles and potato chips, wrapped separately. (10 sandwiches.)

DRESSINGS

ARGYLE SALAD DRESSING

1 tbsp. butter
1 tbsp. sugar
1 tsp. dry mustard
4 egg yolks, beaten
¼ cup vinegar
12 marshmallows
1 cup whipping cream
½ cup shelled pecans, broken up

Combine dry ingredients with egg yolks; add vinegar gradually and cook slowly until thick, stirring constantly. Add marshmallows and butter, stir until melted. Cool slightly; add cream and nutmeats. Delicious with fruit salad.

BOILED DRESSING

1 tbsp. butter
1 tbsp. granulated sugar
1 tbsp. dry mustard
3 eggs
1 tsp. salt
1 cup milk
½ cup vinegar

Mix together dry ingredients and blend; add well beaten eggs, then the vinegar and finally the milk. Put in double boiler and cook until the consistency of cream, stirring constantly to prevent lumping.

Delicious with green salads, cole slaw or fruit salad.

BUTTERCUP DRESSING FOR FRUIT SALAD

¼ cup flour
½ cup sugar
½ tsp. salt
1 cup pineapple juice
¼ cup lemon juice
4 egg yolks
16 marshmallows
4 egg whites
Whipped cream

Mix flour, sugar and salt with sufficient fruit juice to make a smooth paste. Heat remaining fruit juice to boiling point; add sugar mixture. Cook until thick. Add beaten egg yolks; remove from fire, add marshmallows. When cool, fold in stiffly beaten egg whites. To serve add an equal part of whipped cream.

CHEF DRESSING

To 8 tablespoons of Wesson oil, add 2 tablespoons vinegar, 1 teaspoon salt, ¼ teaspoon pepper. Add ¼ cup of tomato catsup and ½ teaspoon each of grated onion and Worcestershire sauce. Combine these ingredients thoroughly. This is very good on shredded lettuce or other green salads.

COLE SLAW DRESSING

1 egg
½ cup sugar
1 tbsp. flour
½ cup vinegar
1 tbsp. butter
1 tbsp. flour
1 tbsp. mustard
¼ tsp. red pepper
¼ tsp. celery salt

Beat egg until light; add sugar, celery, salt, pepper, butter and vinegar. Add remaining ingredients and cook in double boiler, stirring constantly until thick. This is enough dressing for a 3 pound cabbage.

COOKED DRESSING FOR SLAW

1 tbsp. dry mustard
2 tbsp. sugar
1 tsp. salt
1 tbsp. oil
3 eggs
½ cup vinegar
½ cup water

Mix dry ingredients, add beaten eggs, oil, vinegar and water. Beat together well. Cook slowly over hot water, stirring constantly until thick as desired.

CREAM CHEESE DRESSING

1 cup bulk cream cheese
2 squares Philadelphia cream cheese
1 cup coffee cream
¼ cup mayonnaise
Salt to taste
Dash paprika
1 tbsp. lemon juice

Cream the cream cheese and coffee cream together. Add remaining ingredients. This is a delightful dressing for any fruit salad and is especially good with pink grapefruit.

CREOLE DRESSING

Rub a bowl with garlic. Then pour in 4 tbsp. tomato catsup, ½ tsp. Worcestershire sauce, ½ tsp. dry mustard, ½ tsp. sugar, 6 drops tabasco sauce, 12 tbsp. Wesson oil and 3 tbsp. vinegar. Beat these ingredients for a few seconds. This makes a well seasoned sauce for cold beef or cold cuts.

DRESSING FOR COLE SLAW

1½ tsp. salt
1 tbsp. mustard
1½ tbsp. sugar
2 eggs, slightly beaten
5 tbsp. melted butter
1½ cups cream
½ cup vinegar

Mix ingredients in order given, adding vinegar very slowly. Cook over boiling water, striring constantly until mixture thickens.

EASY HOLLANDAISE SAUCE

Stir 3 egg yolks with a fork to blend. Add the juice of a lemon and stir together in a heat-proof bowl. Cut a stick of butter (¼ lb.) into half-inch cubes and add. Cover and allow to stand at room temperature for 2 hours or longer.

Just before serving, place the bowl over hot water and stir mixture with a silver fork just until it begins to thicken, about 3 or 4 minutes.

That's all there is to it! The secret of the success of this sauce must be that the lemon juice "cooks" the egg yolks to a certain extent.

EXCELLENT COLE SLAW DRESSING

4 tsp. sugar
1 tsp. dry mustard
2 tsp. flour
¼ tsp. pepper
1 tsp. salt
2 tbsp. butter or bacon fat
2 egg yolks
1 cup apple vinegar

Blend sugar, mustard, salt and pepper smoothly; add vinegar. After stirring place over the fire and when mixture comes to a boil add the butter or bacon fat which has been blended with the flour. After 4 minutes of brisk boiling, pour on the well beaten egg yolks and beat 5 minutes.

FRENCH DRESSING DELUXE

Put 1 tsp. salt and 2 cloves of garlic in an earthenware salad bowl; cut garlic cloves in half, rub in salt, extracting oil from garlic. After extracting oil and bowl is well rubbed, throw away garlic. Add 1 tsp. dry mustard, 1 heaping tsp. sugar, 4 chopped olives, ½ tsp. white pepper, 1 cup vinegar, a few drops tabasco and juice of ½ lemon. Marinate thoroughly with wooden spoon; then add slowly 2 cups olive oil, stirring until well blended. Pour in olive decanter and keep in cool place—**do not refrigerate.**

HOLLANDAISE SAUCE

Beat 4 egg yolks until very thick. (It's the before hand heating that turns the trick!). Melt ½ cup butter or margarine in the double boiler. Remove it from the heat, add the well beaten eggs all at one time, stirring swiftly until the eggs completely absorb the butter. Blend in the juice of one lemon, ¼ tsp. salt and a dash of cayenne. Place the double boiler over very low heat. (Water should not boil). Keep up the stirring until the sauce is the consistency of whipped cream. Turn off the heat and the sauce will hold its own for some time

HONEY DRESSING

Mix 2 tablespoons honey with 4 tablespoons lemon juice. Beat into this mixture 12 tablespoons Wesson oil, 1 teaspoon salt, ½ teaspoon paprika and a pinch of ground white pepper. This is especially good with Waldorf or any apple salad.

MAGIC MAYONNAISE DRESSING

¼ cup lemon juice
¼ cup butter, melted
⅔ cup sweetened condensed milk
1 egg yolk
½ tsp. salt
1 tsp. dry mustard

Place ingredients in a pint jar as listed. Faster top tightly and shake vigorously for 2 minutes. Chill for thick consistency.

MAYONNAISE DRESSING

Yolks of 3 eggs
1 tsp. salt
1 tbsp. vinegar
½ tsp. dry mustard
1 tbsp. Worcestershire sauce
Dash tabasco
1 pint Wesson oil

Beat eggs, then add vinegar, salt and mustard which have been beaten together. Add Wesson oil, pouring very slowly at first. Add Worcestershire sauce and tabasco after adding most of Wesson oil.

MAYONNAISE FRUIT DRESSING

Combine 1 cup mayonnaise, 2 tsp. grated orange rind, the juice of ½ orange, 3 tbsp. sugar, ¼ tsp. nutmeg and ½ tsp. cinnamon. Whip one cup heavy cream until stiff and fold into mayonnaise. Serve over molded cranberry salad.

MEXICAN SALAD DRESSING

Mix ¾ tsp. salt, ¾ tsp. paprika, ¼ tsp. pepper, 1 tbsp. sugar and ¼ tsp. dry mustard together. Blend well. Add juice of 1 lemon and beat very smooth. Then add ¾ cup vinegar and 1cup olive oil. Shake well or beat with rotary beater. Now add 1 green pepper, chopped fine, 2 minced onions, 1 pimento chopped fine, and more salt and pepper if your taste requires it.

PINEAPPLE DRESSING FOR FRUIT SALAD

Juice from 1 lg. can of pineapple
½ cup sugar
2 tbsp. butter
2 eggs
1 tbsp. flour (heaping)
Juice of ½ lemon

Blend flour, sugar, butter and yolks of eggs as for a cake; then add whites of eggs, beaten stiff, also add lemon juice. Stir the mixture with the boiling pineapple juice and stir until thick as heavy cream. Let stand until cool. Then down with heavy cream.

RAVIOLI DRESSING

Mash the yolks of 3 hard boiled eggs until they are smooth; then mix with 4 tbsp. Wesson oil, 3 tbsp. cream, 1 tbsp. vinegar, 1 tsp. salt, pinch of pepper and paprika, 2 tbsp. chopped chives and 2 tbsp. finely chopped hard boiled egg whites. If you haven't any chives, finely chopped green onions will do as well.

ROQUEFORT DRESSING

Let ⅓ pound Roquefort (blue) cheese stand at room temperature. Mash with fork and cream until smooth. Make 1½ cups French dressing, basic recipe, combine with cheese and stir until blended. Add ½ tsp. sugar, if desired.

SALAD DRESSING (without oil)

Beat 2 eggs, add ¼ cup lemon juice, ¾ tsp. salt, 1 tbsp. sugar and 4 tbsp. butter and cook over hot water, stirring constantly, until creamy and smooth. Remove from heat. Chill. Fold in ½ cup cream, beaten until stiff.

SOUR CREAM DRESSING

3 tbsp. sugar
½ tsp. pepper
½ tsp. mustard
1 tsp. salt
½ tsp. celery salt
2 eggs, slightly beaten
⅔ cup sour cream
⅓ cup vinegar

Combine dry ingredients; add eggs, then sour cream and vinegar. Cook until thick in double boiler over low heat. May be thinned with sweet cream or sour cream when served.

SOUR CREAM DRESSING (without oil)

Melt 2 tbsp. butter, add 2 tbsp. flour and blend well. Add 1 cup sour cream and stir constantly until creamy and thick. Add 3 egg yolks beaten and mixed with ½ tsp. salt, 2 tbsp. sugar, ½ cup lemon juice and a few grains paprika. Stir constantly until eggs are set. Beat well. Chill and fold in 2 cups whipped sweet or sour cream.

THOUSAND ISLAND DRESSING

½ cup mayonnaise
2 tbsp. finely chopped pimento
1 tsp. chives, minced
2 tbsp. tomato catsup
2 tbsp. chili sauce
½ cup whipping cream
2 hard cooked eggs, finely chopped

Combine first five ingredients. When ready to serve, whip cream; add cream and eggs to first mixture. This is delicious with lettuce or other green salads.

DESSERTS

ALMOND-CREAM TARTS

First make small tart shells, using your rather rich pastry rule. For the filling make an almond cream like this: Put 1½ cups milk and ½ cup cream in top of double boiler. Mix ½ cup sugar, 6 tablespoons flour and a little salt, and add to the milk and cream. Stir constantly and cook until perfectly smooth and thick. Beat 2 eggs until light and add the hot custard—in a bowl now—beating well. Put it back in the double boiler and cook a few minutes, stirring all the time. Cool and fold in ½ cup cream, whipped stiff. Flavor with almond extract. Fill the tarts.

ANGEL PARFAIT

2 egg whites
½ cup sugar
½ cup water
2 tsps. plain gelatin soaked in
2 tbsp. cold water
1½ cups heavy cream
2 tsp. chopped maraschino cherries
1 tbsp. maraschino cherry juice
6 almond macaroons crushed
1 cup white cherries, seeded and halved
½ cup shredded blanched almonds
¼ tsp. salt
½ tsp. vanilla

Place the sugar and water in saucepan and cook to 238° F., or until soft ball forms when small bit is dropped in cold water from a spoon. Pour syrup over stiffly beaten egg whites, beating constantly. Dissolve soaked gelatin over hot water; add gelatin with vanilla and salt to the egg whites and syrup and beat thoroughly. Add cherries, juice and nuts. Chill in refrigerator tray until the mixture begins to become firm. Remove from the refrigerator and fold in whipped cream. Freeze and serve in parfait glasses with a little whipped cream on top.

ANGEL CAKE WITH SUPERB SAUCE

Make an angel cake from Angel cake recipe or buy a freshly made one from the bakery. Split cake crosswise as layer cake and fill with superb sauce as follows—

¼ lb. butter
1¼ cups sugar
4 egg yolks
Juice of 2 lemons
¾ teaspoon vanilla
1 cup stiffly beaten cream

Cream butter with sugar; add egg yolks one at the time, beating briskly, after adding each egg. Add juice of lemons, still beat rapidly. Fold in stiffly beaten egg whites and vanilla, finally add the stiffly beaten cream. Fill cake with this sauce and cover top with whipped cream flavored with brandy or rum.

BAKED APPLE ELEGANTE

Remove the peelings and cores from apples. Prepare as many as there are guests. Put in baking pan with enough water to make ½ inch deep. Add 1 cup maple syrup or white cane syrup. Bake at 400° F. for 20 minutes. Turn apples carefully, fill with a small lump of butter and mincemeat. Cook another 20 minutes or until apples are tender. Serve with whipped cream flavored with rum or brandy.

BABA AU RHUM

1 cake yeast
½ cup milk, scalded
2 cups all-purpose flour, sifted
½ cup sugar
½ cup butter or margarine
½ tsp. salt
1 tbsp. lemon rind, grated
3 eggs

Dissolve yeast in milk which has been cooled to lukewarm; add ½ cup of the flour and 1 tbsp. of the sugar; beat until smooth, cover and let rise in warm place until doubled in bulk, about 1 hour. Cream butter or margarine, add remaining sugar gradually; cream until light and fluffy. Add salt, lemon rind and well-beaten eggs and beat until smooth; stir in the remaining flour; add the yeast mixture; beat 15 min. by hand or 5 min. by electric mixer. Pour in greased casserole dish or mold of 1½ to 2 quart capacity. Cover and let rise until doubled in bulk, about 1 hour. Bake in moderate oven at 350° F., 40 to 50 minutes. Remove from oven; prick top with tines of sharp fork. Turn out of pan and place cake (inverted) in pie plate; pour Baba Sauce over top and sides, then brush with Apricot Glaze. Allow cake to stand until most of the Baba Sauce is absorbed before serving. Makes one 9-inch cake.

To make Baba Sauce: Boil 1 cup sugar and 1 cup strong clear tea 5 minutes. Cool. Add 2 tsp. rum extract.

To make Apricot Glaze: Soak ¼ lb. apricots overnight in just enough water to cover. Press through sieve, measure equal parts pulp and sugar. Boil together 5 min., stirring constantly.

APPLE PAN DOWDY

¼ cup self-rising flour
1 cup brown sugar, packed
½ tsp. salt
1 tsp. vinegar
1 cup water
1 tsp. vanilla
2 tbsp. butter
5 cups pared and sliced apples
¼ tsp. cinnamon
¼ tsp. nutmeg
1½ cups self-rising flour
¾ cup coffee cream

Heat oven to 400° F. Grease a 8" square pan. Make sauce of ¼ cup self-rising flour, sugar, salt, vinegar, water. Cook over low heat, stirring until thick and clear. Take from heat; add vanilla, butter. Cool. Place

apples in pan; sprinkle with cinnamon, nutmeg. Mix 1½ cups self-rising flour, cream; drop over apples; sprinkle with sugar, cinnamon. Pour sauce over all. Bake about 35 minutes. Serve plain or with top milk or cream.

APPLESAUCE TARTS

Fill baked tart shells with sweetened applesauce to which red cinnamon candies have been added for color and spicing. Slightly softly cream cheese with a little milk. Whip it up light and fluffy with a spoon, and top each tart with the cream cheese.

BANANA TORTE

1 cup graham cracker crumbs
3 tabelspoons melted butter
1 15-ounce can sweetened condensed milk
½ cup lemon juice
2 ripe bananas, diced
1 tablespoon sugar
1 cup heavy cream

Combine cracker crumbs and butter. Reserve 2 tbsp. of the crumb mixture. Press remaining crumbs evenly over bottom of a lightly buttered 8 inch square pan. Add ⅓ cup lemon juice to sweetened condensed milk and blend well. Mix together lightly bananas, remaining lemon juice and sugar and fold into milk mixture. Whip cream and fold in. Pour into pan and spread evenly. Sprinkle reserved crumbs on top. Chill until firm. Cut into squares and serve.

BANBURY TARTS

1 cup seedless raisins
1 cup sugar
½ cup chopped nuts
1 egg, slightly beaten
Juice and rind of 1 lemon
1 tbsp. rolled vanilla wafers

Mix all together and put aside while preparing pastry.

Pastry:

3 cups all-purpose flour
1 cup shortening
1 tsp. salt
4 tbsp. ice water

Mix salt in flour, cut in shortening with 2 knives or pastry blender until the size of peas. Add water a little at the time, using only what is needed to hold pastry together. Roll out on floured board ¼" thick. Cut into 3½ inch rounds. Moisten around edges with milk. Place a tbsp. of the filling on one side of the round, fold over and press the edges together. Prick the top with a fork and press the edges with the fork. Bake on greased cookie sheet 15 to 20 minutes.

BELMONT CHEESE PIE

2 egg yolks
1 teaspoon salt
1 cup sugar
½ cup milk
2 tbsp. granulated gelatin
½ cup cold water
1 lb. cottage cheese (quite dry)
2 tbsp. lemon juice
1 tsp. grated lemon rind
1 tsp. vanilla
2 egg whites, beaten
1 cup whipped cream

Beat yolks in upper part of double boiler, add salt, sugar and milk. Cook in lower part of boiler, one-third filled with hot water, until thick and creamy. Add gelatin soaked 5 min. in cold water. Stir until gelatin has dissolved. Cool, add cheese pressed through coarse sieve, juice and rind. Lightly fold in rest of ingredients. Pour into crumb crust.

Crumb Crust:

1 cup rolled unsweetened zwieback
3 tablespoons sugar
1 teaspoon cinnamon
3 tablespoons butter, melted

Mix ingredients, reserve 3 tbsps. and sprinkle rest in a pan. Add cheese mixture, sprinkle with reserved crumbs and chill until firm.

BOILED CUSTARD

3 cups sweet milk
3 egg yolks
1 cup sugar

Put milk on in double boiler, let it come to scalding temperature; pour over well beaten egg yolks, which have been creamed with the sugar. Pour back in double boiler and stir constantly until it thickens. Add 1 tablespoon cornstarch dissolved in a little cold water and cook 5 min. Beat egg whites until stiff and pour over the hot mixture. Add vanilla, chill and serve as cup custard or put in refrigerator and freeze.

CAFE au LAIT

In medium size bowl, combine:

3 tbsp. instant coffee
2 env. unflavored gelatin
½ cup cold water

Stirring until all is dissolved, add:

1¾ cups boiling water
1 cup granulated sugar
½ tsp. vanilla extract

Refrigerate until slightly thickened. Then beat in 1 cup heavy cream, whipped. Turn into 5 cup mold. Refrigerate several hours, or until firm. To serve, unmold coffee gelatin on serving plate. Sprinkle top with ½ cup chopped pecans and serve with a sauce of 1 pt. softened vanilla ice cream. Makes 6 servings.

CHOCOLATE ROLL

6 tbsp. sifted flour
½ tsp. salt
¾ cup sugar
4 eggs
1 tsp. vanilla
2 squares chocolate, melted

Beat egg whites until stiff; sift sugar into egg whites and add beaten egg yolks and vanilla. Fold in the flour sifted with the salt; add the melted chocolate and beat well. Pour in a well greased papered baking pan and bake at 400° F. for 15 minutes. Remove from pan onto a damp towel covered with powdered sugar. Spread with seven minute icing and roll.

CHOCOLATE MARSHMALLOW ROLL

Use same recipe as above except spread the roll with marshmallow mixture. Melt 10 marshmallows in double boiler with ½ cup milk. Add ½ pt. whipped cream and blend well. Spread.

CHARLOTTE RUSSE

2 env. unflavored gelatin
¾ cup granulated sugar
¼ tsp. salt
4 eggs, separated
2 cups milk, scalded
⅓ cup brandy
9 ladyfingers, split
2 cups heavy cream
Whipped cream
9 maraschino cherries

Split the ladyfingers and line a spring mold with the fingers. Soften gelatin in a little cold water. In the top of double boiler, scald the milk and stir in the sugar, salt and gelatin. Stir, but do not allow to boil, until the sugar and gelatin are dissolved. Beat the egg whites until they are stiff and the egg yolks until they are lemon colored. Add egg yolks to milk mixture in double boiler and cook until thickened. Remove from stove and cool. Add the vanilla and fold in stiffly beaten egg whites, and the cream which has been whipped. Turn into the mold and set in refrigerator to congeal. This will take 5 or 6 hrs. When ready to serve, turn out and garnish with additional whipped cream and cherries.

COFFEE TORTONI

Several days ahead: In small bowl, place 2 cups miniature marshmallows and 1 tablespoon instant coffee; add ½ cup boiling water; stir until marshmallows are dissolved. Refrigerate, stirring occasionally, until thick and syrupy.

Meanwhile, coarsely chop ¼ cup pecans; also chop ¼ cup semi-sweet chocolate pieces.

Into syrupy marshmallow mixture, fold ½ cup heavy cream, whipped; pecans; and chocolate. Turn into eight 2 oz. paper cups. Freeze.

CHERRIES JUBILEE

1 qt. strawberries
3 tbsp. granulated sugar
1½ qts. vanilla ice cream
1 No. 2½ can pitted Bing cherries
¾ cup currant jelly
½ cup brandy

About 2 hrs. before serving: wash, then hull strawberries; sprinkle with sugar; refrigerate. If convenient, make, wrap, and freeze ice-cream balls.

At serving time: quickly drain strawberries and cherries; combine fruits. In chafing dish, over direct heat, melt currant jelly, strring gently, as gently stirring helps jelly melt uniformely. Add fruits. Heat slowly, stirring constantly, till simmering. Pour brandy into center of fruits; don't stir. Let brandy heat, when it's warmed, carefully light with match. Immediately spoon flaming fruits over ice cream.

DATE BRIDGE DESSERT (Ice Box)

1 lb. graham crackers
1 pkg. dates, chopped
1 lb. marshmallows, chopped
2 cups chopped pecans
½ pt. coffee cream

Roll crackers with rolling pin; moisten with cream if not enough to make smooth batter, after adding marshmallows and nuts, add enough milk to make a roll. Put in pan with some crumbs on bottom of pan. Refrigerate over night. Cut in slices and serve with whipped cream.

EGG CUSTARD PIE

1 unbaked pie shell
½ cup sugar
1 tbsp. flour
4 eggs
1 cup milk
1 tsp. vanilla
Dash nutmeg

Freeze pie shell. Blend sugar and flour. Add eggs, milk and vanilla and blend well. Pour into pie shell and bake in moderate oven.

FOUNDATION RECIPE FOR FRIGIDAIRE ICE CREAM

3 cups sweet milk
35 marshmallows
½ cup sugar
1 qt. cream, whipped

Put sweet milk, sugar and marshmallows in double boiler. Let marshmallows melt but **do not stir more than necessary.** When melted remove from fire and cool. Add whipped cream and put in trays. Turn cold control high and stir two or three times after it begins to freeze.

For Chocolate Cream: Add ¾ cake of chocolate to milk and an extra ¼ cup sugar.

For Caramel Cream: Caramelize the ½ cup sugar by putting in iron frying pan over slow fire, stirring constantly until melted. Add to milk and let melt (it will form a lump when first added). Season with 1 tsp of Mapleine.

For Any Fruit Cream: Beat well the yellows of six eggs and add the ½ cup sugar to this. Add some of milk to egg mixture and then to all of milk in double boiler. After custard has begun to freeze well, add fruit chopped fine and stir in. Sweeten fruit to taste before adding to custard. Be careful not too sweet as it will not freeze.

For Frozen Plum Pudding: Make custard cream as given for fruit cream. Add 1 cup white raisins, ½ lb. crystallized pineapple and cherries and 1 cup chopped pecans.

For Lemon or Orange Cream: Make custard cream. Season with either lemon or orange juice to taste and add the rind of two of the lemons or oranges sliced very thin.

Heavenly Hash

16 marshmallows
1 cup white cherries, seeded
1 cup Tokay grapes, peeled and seeded
1 cup orange segments, cut in bits
10 almond macaroons, crushed
1 cup almonds, crushed
1 teaspoon vanilla
1 cup white wine
1 pt. whipping cream

Soak marshmallows over night in wine. Next morning stir in cherries, grapes, oranges, and macaroons. Add vanilla, stir in crushed almonds and fold in stiffly beaten cream flavored with rum. (An excellent party dessert!)

ICE CREAM PARFAIT PIE

First make your pie shell—set aside to cool.

Pour 1 pkg. strawberry jello in a bowl, add 1¼ cups hot water; spoon in 1 pint of vanilla ice cream and stir until melted. Place in refrigerator until it thickens, 15 to 25 minutes. Fold in 1 cup of sliced strawberries. Turn filling into flaky ready cooked pie shell. Put in refrigerator for about 30 minutes. May be topped with whipped cream and a few plump berries.

LIME ICE

1 pkg. lime jello
Juice of 2 lemons
1½ cups sugar
1 cup hot water

Dissolve jello in hot water; add sugar and lemon juice. When cold stir in 1 qt. of milk. Put in refrigerator, when it begins to freeze, put in bowl and beat vigorously with rotary beater. Return to refrigerator and let freeze.

LAFAYETTE GINGERBREAD

Cut up in a pan ½ cup of the very best fresh butter with ½ cup brown sugar. Beat to a cream with a paddle. Add one cup West India molasses and ½ cup warm milk; 2 tablespoons powdered ginger and 1 heaped teaspoonful of cinnamon, mace and nutmeg powdered and mixed; 1 wine glass of brandy.

Beat 3 eggs till very light and thick; 3 cups of flour, which has been sifted and stir alternately with the beaten eggs into the batter. Last, mix in the juice and grated rind of 1 large orange. Dissolve 1 level teaspoon soda in a little warm water and stir in. Beat until very light. A cup full of seeded raisins is an addition, if desired. Bake in a loaf pan in a moderate oven.

MAPLE RUSSE

1 env. gelatin
½ cup cold water
1 cup maple syrup
1 cup brown sugar, packed firm
1 cup hot milk
1 teaspoon vanilla
Pinch of salt
½ pt. whipped cream

Dissolve gelatin in cold water. Combine next five ingredients and add to gelatin. Crush 1 small box vanilla wafers and cover bottom of pie pan. Pour in gelatin mixture and set in refrigerator to harden. Serve with whipped cream. May be decorated, if desired, with cherries.

MERINGUE GLACEE—BRANDIED STRAWBERRIES

7 egg whites
¼ tsp. salt
2½ cups granulated sugar
½ tsp. cream of tartar
1¼ tsp. almond extract
2½ qt. pistachio or strawberry ice cream
Brandied Strawberries, below

Early in day or day before:

1. In large electric-mixer bowl, let egg whites stand at room temperature 1 hr.
2. Meanwhile, start heating oven to 275°. On large, greased cookie sheet, place inverted 2 to 2½ qt. ovenproof bowl. Overlap two 18" x 12" sheets of foil, enough to cover top and side of pan; with hands, crush foil to fit contour of pan, flattening overhand to cookie sheet.
3. With electric mixer at high speed, beat egg whites with salt until foamy. Gradually add sugar, 1 tbsp. at a time, beating well after each addition (beating should take about 30 min.; whites should stand in stiff peaks). Add cream of tartar and almond; beat 10 min. more.
4. Into large pastry bag, insert large rosette tube (No. 7 or 8); fill with meringue mixture.

5. On foil, pipe meringue in rows around side of pan, beginning at bottom and working up; cover side completely (with bowl, cover side ¾ way up. Drop rosettes close together all around top and bottom edges. Scatter a few more around side. Bake 25 minutes.
6. Cool on cookie sheet. Then, with hands under foil, gently lift shell from tube pan to serving plate.
7. With sharp knife, carefully free foil from inside of shell, pushing it down to bottom. With scissors, trim foil from base of shell so none shows. (Don't worry if shell cracks). Store at room temperature until ready to use.
8. Using ice cream scoop or large spoon, make ice cream balls; store in freezer until ready to use.

At serving time:

Fill meringue with ice cream. With sharp knife, slice meringue into serving pieces, or tear with fork and spoon. Serve with ice cream and Brandied Strawberries. Serves 10.

BRANDIED STRAWBERRIES

3 pkg. frozen sliced strawberries thawed
1 tablespoon cornstarch
½ cup currant jelly
Red food color
¼ cup brandy

1. Drain strawberries slightly; save ½ cup juice. In bowl, combine juice and cornstarch, stirring to dissolve lumps.
2. Melt currant jelly over low heat; add cornstarch mixture; cook, stirring, over low heat until thickened and clear. Add enough red food color to make a bright red.
3. Add brandy and strawberries. Makes 2 cups.

ORANGE SOUFFLE SUPREME
(A Florida Special)

1 qt. milk
6 eggs
½ cup sugar
2 cups orange segments (cut in bite size)
Speck of salt

Make a custard of well beaten egg yolks and 4 egg whites beaten stiff but not dry. Cook in a double boiler until custard covers spoon when stirring it. Remove from heat; cool. Add orange sections, put in casserole. Beat 2 egg whites with 2 tbsp. sugar and 2 tbsp. orange juice. Cover casserole with this mixture and bake in 300° F. oven until lightly browned. Cool; serve with whipped cream flavored with Rum or Brandy. (These may be omitted if not desired.)

ORANGE FLUFF

Scald 3 cups milk in top of a double boiler. While the milk is heating, mix together ¼ cup sugar and 3 tablespoons cornstarch. Grate the rind of 1 navel orange and add. Mix in 3 egg yolks (refrigerate the 3 whites). Stir in ⅓ cup scalded milk and add sugar mixture to the hot milk. Cook, stirring constantly, over hot water until smooth and thickened. Set the pan of custard in a pan of cold water to cool. Add 1 teaspoon butter, ½ teaspoon salt and ½ teaspoon vanilla. While the custard is cooling, peel and section 2 seedless oranges. Put in refrigerator to chill. When the custard has cooled, add 2 tablespoons sugar to the egg whites and whip until stiff, but not dry. Gently fold the beaten egg whites into the custard. Spoon custard into serving bowl. Chill 1 hour. Garnish with orange sections and mint. Makes 8 servings.

ORANGE SHERBET

¾ cup sugar
¾ cup water
Grated rind of 1 orange
1½ cups orange juice
1 tablespoon lemon juice
½ cup coffee cream
2 egg whites

Cook sugar and water ten min. Add grated rind to syrup, continue cooking. Strain. Add syrup to fruit juices, cool. Pour into tray and freeze firm. Remove to ice cold mixing bowl. Beat with rotary egg beater until light. Add coffee cream and stiffly beaten egg whites, to which salt has been added. Freeze.

ORANGE SOUFFLE

1 qt. milk
4 eggs
1 tsp. vanilla
12 marshmallows
2 cups orange segments, cut in small bits
1 cup whipping cream

Heat milk to boiling point, pour in egg yolks, which have been beaten. Stir in sugar, put in double boiler and cook until thick. Stir in marshmallows, let set over hot water about 10 minutes. Beat egg whites stiff, remove the custard mixture from heat and beat in egg whites. Add vanilla. When cool stir in orange segments. Cool, serve.

PRUNE WHIP

1 cup dried prunes
¼ cup sugar
1 tsp. vanilla extract
½ cup coarsely chopped walnuts
5 egg whites

Start oven at 375°. Butter generously a 2 qt. baking dish and sprinkle sides and bottom of dish with a light coating of sugar. Cover prunes with water and cook until tender. Drain, remove pits and chop prunes fine. Mix with sugar, vanilla extract and chopped nuts. Beat egg whites until they hold a shape, then mix gently into prune combination. Pour into prepared baking dish and bake 20 to 25 min. Serve with whipped cream. Makes 4 to 6 servings.

SOUTHERN AMBROSIA

6 to 8 oranges, sectioned
1 cup seeded grapes
1½ cups grated fresh coconut; or
1 can flaked coconut
Deluxe Custard Sauce, below

1. Refrigerate, separately, oranges, grapes, coconut, and custard sauce until well chilled.
2. To serve, in serving bowl or individual dishes, make a laryer of custard sauce, then of well-drained orange sections and grapes, then of coconut; repeat. Makes 6 to 8 servings.

Deluxe Custard Sauce:

1 cup milk
1 cup heavy cream
4 egg yolks
¼ cup granulated sugar
½ cup sherry or rum
1 tablespoon salt

1. In double boiler top, heat milk with cream until tiny bubbles appear around edge.
2. In medium bowl combine well beaten egg yolks, sugar, flour and salt. Pour into heated milk and cream mixture and cook until it thickens. Remove from heat and add sherry or rum.

STRAWBERRY ICE-CREAM MERINGUE

6 egg whites (¾ cup)
¼ teaspoon salt
1 teaspoon vinegar
½ teaspoon vanilla
1½ cups sugar
1 pint strawberry ice cream
1 pint fresh strawberries, hulled and washed

Separate eggs while cold, drop whites into large mixing bowl and bring to room temperature before beating. Cover cooky sheet with unglazed paper; with a pencil draw a circle on paper about 7 inches across; grease circle with unsalted fat and dust with flour. Add salt, vinegar and vanilla to egg whites and beat with rotary beater to a stiff foam, then start adding sugar 1 tbsp. at a time, beating until thoroughly blended after each addition. Scrape side of bowl frequently. It is essential to add sugar slowly; all the sugar should be dissolved at the end of 15 min. of beating. With a spatula spread a layer of meringue 1 inch thick over greased circle on paper. Then add spoonfuls to build up a rim about 4 inches across. With spatula gently smooth outside surface into soft swirls and peaks. Bake in moderate oven 275° F. for 50 minutes. When done meringue will be a tawny light brown color and will measure about 9 inches across. Cool on pan away from drafts. When completely cool loosen meringue from paper with spatula and place on a flat serving tray. Fill center with strawberry ice cream; surround with strawberries. Makes 6 to 8 servings.

STRAWBERRY TORTE

1 cup sifted all-purpose flour
⅓ cup sugar
⅔ cup grated almonds
½ teaspoon grated lemon rind
¾ cup butter or margarine
1 pint strawberries
1 cup red currant jelly

Sift flour and sugar together into a bowl, then stir in grated almonds and lemon rind. Cut butter or margarine in with a pastry blender or two knives until mealy, and work mixture with hands until it holds together. Put dough into bottom and around sides of a 9 inch pie pan. Chill in refrigerator for an hour or so. At end of chilling period, bake in preheated oven 425° F. for 12 to 15 minutes. Cool.

Wash and hull strawberries. Cut large ones in half, leave small ones whole and arrange in pastry shell. Melt red currant jelly over a low heat and spoon over berries. Chill torte in refrigerator until jelly is firm. Cut torte in wedges to serve. Makes 6 to 8 servings.

SYLLABUB

1 qt. whipping cream
½ cup brandy
½ cup sugar
½ cup rum
Dash of nutmeg

Dissolve sugar in rum and brandy; pour some cream gradually into this, about ½ cup, then whip remainder of the cream quite thick. Pour rum-brandy mixture into the cream and thoroughly mix. Serve in low compotes with dash of nutmeg.

TUTTI-FRUTTI COMPOTE

1 pkg. lemon jello
1 pkg. orange jelly
1 can fruit cocktail
1 small can crushed pineapple
1 tbsp. chopped candied ginger
1 cup double cream, whipped

Dissolve lemon and orange jello in two cups hot water; add ginger, then fruit cocktail and pineapple. When cool add cream and 1 can tutti fruits.

VINEGAR TARTS

1 cup milk
2 cups sugar
4 tablespoons vinegar
5 eggs

Combine milk, sugar and vinegar and let boil two or three minutes. Beat eggs until real light and pour on hot mixture. Put in pastry shells and bake in moderate oven.

WINE JELLY

3 envelopes gelatin
½ cup water
1¼ lbs. sugar
½ stick cinnamon
1½ pts. water
1½ pts. Sherry wine
Juice of 2 lemons
Rind of 1 lemon (grated)

Soak gelatin in ½ cup cold water together with lemon juice and rind of lemon for 1 hour. Boil cinnamon in 1½ pints water for 10 minutes; pour while hot on sugar, gelatin and lemon mixtures. When sugar is melted; add wine. Strain through double thickness of cheese cloth and place in the refrigerator to set.

ICE CREAMS, ICES, MOUSSES AND SHERBETS

BURNT ALMOND ICE CREAM

1 cup heavy cream
2 cups milk
1 cup sugar
4 egg yolks, beaten
1 cup toasted almonds
⅓ cup sugar
½ tsp. almond extract

First prepare the almonds; blanch and toast them, grind coarsely. Scald the milk and pour over the beaten egg yolks and 1 cup of sugar; cook in double boiler till the mixture will coat the spoon. Set aside to cool. Melt the remaining ⅓ cup of sugar in a frying pan and cook slowly until it caramelizes. Melt in the custard; add the extract and ground almonds and whipping cream. This may be frozen in freezer or refrigerator trays.

CARAMEL ICE CREAM

2 cups sugar
⅓ cup flour
4 cups milk, scalded
½ tsp. salt
2 eggs, well beaten
1 cup sugar, caramelized
3 tsp. vanilla
1 qt. heavy cream
2 qts. milk

Combine sugar, salt and flour; add 4 cups of milk and cook 20 minutes in double boiler stirring constantly. Add the eggs and cook 3 minutes longer. Add caramelized sugar; stir vigorously until sugar is melted in custard. Cool. Add vanilla, cream and 2 quarts of milk. Freeze in ice cream freezer.

CHOCOLATE ICE CREAM

18 large marshmallows
2 cups milk
2 squares chocolate, melted
1½ cups heavy cream, whipped
½ tsp. vanilla

Combine milk with marshmallows; melt over low heat. Add remaining ingredients and mix well. Pour in two refrigerator trays; freeze, stirring two or three times.

COFFEE ICE CREAM

Add 1½ cups of strong coffee to the Vanilla Ice Cream recipe for a delicious coffee ice cream.

EGGNOG ICE CREAM

2 cups milk
¾ sup sugar
¼ tsp. salt
6 egg yolks
2 cups whipping cream
1 tsp. nutmeg
½ cup brandy

Combine milk, sugar, salt and beaten egg yolks. Cook over low heat until custard is formed. Cool. Add vanilla and brandy and whipped cream. Pour in refrigerator tray. Freeze until almost firm. Pour into chilled bowl and beat well, return to tray and freeze until firm.

FROZEN CUSTARD

(Sometimes called French Ice Cream)

1 qt. milk
6 egg yolks
1 tsp. vanilla
1 cup sugar
1 cup heavy cream
6 egg whites, beaten stiff but not dry

Scald the milk and pour over the well beaten egg yolks with sugar beaten in them. Cook in a double boiler until mixture forms a coating on a spoon, strain and pour over the egg whites. Cool, then add vanilla and whipped cream. Freeze in an ice cream freezer or in refrigerator trays, stirring two or three times.

GINGER ICE CREAM

The vanilla ice cream recipe may be used as a basic recipe for different ice creams. For Ginger Ice Cream, add ½ cup of finely chopped crystallized ginger to the basic recipe, leaving out the vanilla.

PEACH ICE CREAM

1 pt. milk
2 cups fresh peaches, mashed fine
1 pt. double cream, whipped
1½ cups sugar
⅓ tsp. almond extract

Scald the milk; add the sugar and allow mixture to cool. Put in the flavoring, add the peaches and whipped cream. Freeze either in ice cream freezer or refrigerator trays. If in refrigerator trays, stir well once or twice while freezing.

PEPPERMINT ICE CREAM

1 lb. peppermint stick candy
1 pt. milk
1 pt. whipping cream

Soak candy in milk over night. Whip cream, combine with candy and milk. Put in refrigerator trays and freeze.

PISTACHIO ICE CREAM

½ cup finely chopped pistachio nuts
½ cup finely chopped almonds
½ tbsp. almond extract
Few drops green coloring
¼ tsp. salt
1 cup sugar
4 cups cream, whipped

Mix all ingredients and freeze.

STRAWBERRY BAVARIAN CREAM

1 qt. strawberries
1 cup sugar
½ box plain gelatin
½ cup cold water
½ cup boiling water
1 pt. whipping cream

Mash the berries with the sugar; let stand until sugar is dissolved. Strain through sieve fine enough to get out the seed. Soak the gelatin in cold water, then dissolve in the boiling water; strain, cool. Beat in the berry juice until thick. Beat in the whipped cream. Chill until very cold. Serve with wine sauce.

TUTTI-FRUTTI ICE CREAM

1 pt. milk
¾ cup sugar
1 qt. double cream
½ cup grated pineapple
½ cup maraschino cherries chopped
½ cup orange segments, chopped
12 marshmallows
½ cup sherry wine

Melt marshmallows in milk; add sugar, cool. Add all fruits; mix thoroughly. Add the sherry and whipped cream and freeze.

VANILLA ICE CREAM

1 pt. milk
3 eggs
1 cup sugar
2 tsp. vanilla
2 cups thin cream
¼ tsp. salt

Scald the milk, pour over well beaten eggs; cook in double boiler until as thick as custard. Remove from fire and add sugar; when cold add the vanilla, salt and cream. Freeze either in refrigerator trays or freezer.

ICES

LEMON ICE

1 cup sugar
2 cups water
3 lemons
Grated rind of 1 lemon
4 egg whites

Put the sugar and water in a saucepan and allow to boil 8 minutes. Remove pan from the fire and beat contents until cold. Add the stiffly beaten egg whites, the strained juice of lemons and grated rind. Freeze.

ORANGE ICE

1 pt. water
1½ cups sugar
2 tsp. gelatin
Grated rind and juice of 2 oranges
Juice of 1 lemon
3 egg whites

Boil the water and sugar together for 10 minutes; add the gelatin which has been soaked in 2 tbsp. of cold water and allow mixture to become quite cold. Then add the beaten whites of eggs, the rind and juice of oranges and lemon. Freeze in refrigerator trays or hand freezer.

WATERMELON ICE

½ large melon
Juice of 4 oranges
Juice of 3 lemons
1 cup sugar
1 egg white

Scoop meat from melon; extract juice. Add lemon and orange juice and sugar. Stir thoroughly and freeze slightly. When slightly frozen add stiffly beaten egg white and finish freezing. Serve in melon rind neatly trimmed at top edge. Scoop out holes in frozen mixture with small ice cream scoop. Fill with cherries, grapes, or strawberries. This makes a tempting summer dessert.

MOUSSES

APRICOT MARSHMALLOW MOUSSE

2½ cups apricots, sieved
6 tbsp. lemon juice
½ cup sugar
3 tsp. gelatin
3 tbsp. cold water
1½ cups whipping cream
½ cup confectioner's sugar
1½ tsp. vanilla

Add lemon juice and sugar to apricots; stir until dissolved. Soak gelatin in 1½ tbsp. water. Dissolve over hot water, add the apricots. Pour into two refrigerator trays, place in refrigerator. Whip cream until it holds shape, add sugar and vanilla. Soak remaining gelatin in remaining water, dissolve over hot water. Cool, add to cream; spread over apricot mixture in refrigerator trays and freeze.

CARAMEL MOUSSE

1 qt. milk
1 tbsp. cornstarch
1 cup sugar
2 eggs
1 tsp. vanilla
1 pt. heavy cream

Put the sugar in a heavy skillet and brown it. Make a custard with the milk, eggs and cornstarch and add the caramel sugar. Stir until melted. Freeze. Line a mold with this caramel mixture; fill the center with whipped cream flavored with brandy or sherry. Cover with waxed paper before putting lid on mold. Put in refrigerator on very cold for 5 or 6 hours.

LEMON MOUSSE

2 egg yolks
6 tbsp. sugar
1 tbsp. grated lemon rind
4 tbsp. sugar
½ pt. whipping cream, beaten stiff
2 tbsp. lemon juice

Cream egg yolks and sugar and grated lemon rind. Add stiffly beaten egg whites to which have been added 4 tbsp. sugar. Then add cream beaten and 2 tbsp. lemon juice. Butter refrigerator trays, sprinkle with graham cracker crumbs, then pour in other mixture, sprinkle top with finely crumbled graham cracker crumbs and freeze.

MACAROON MOUSSE

3 egg whites
1 cup sugar
1 tsp. gelatin
½ cup water
2 tbsp. vanilla
1 pt. whipping cream
1 cup powdered macaroons

Soak gelatin in water 5 minutes. Boil sugar in water, pour slowly over egg whites which have been stiffly beaten. Add gelatin and beat until cool. Fold in stiffly beaten cream and macaroons. Beat until smooth; add vanilla and freeze without stirring.

ORANGE MOUSSE

1 pt. whipping cream
½ cup sugar
1 tbsp. gelatin
¼ cup water
¾ cup orange juice
1½ orange segments cut in ½ bites
2 egg whites, stiffly beaten

Whip cream; add sugar, flavor with orange and juice. Melt gelatin that has been soaked in ¼ cup of water. When cool, add to cream, the stiffly beaten egg whites. Line mold with orange segments. Pour in cream. Either pack in ice or put in cold refrigerator for several hours. Serve with orange sauce or wine sauce.

STRAWBERRY MOUSSE

1 cup sugar
1 pt. strawberries
2 tbsp. gelatin
½ cup water
1 qt. whipping cream

Let the berries and sugar stand for a while. Crush the berries and run through a sieve to remove seed. Soak the gelatin in the water then dissolve over hot water and mix with the strained berries. Put in the refrigerator until it becomes slightly hard; fold in the whipped cream. Return to the refrigerator for 3 or 4 hours and serve plain or with a few strawberries as a garnish.

SHERBETS

APRICOT SHERBET

1 pkg. lemon jello
¼ cup sugar
2 cups boiling water
¼ cup lemon juice
1¾ cups apricot juice
2 cups canned apricots (mashed to a pulp)

Combine jello with boiling water, stirring until dissolved. Add remaining ingredients and stir until smooth. Cool and freeze. Makes 2¼ quarts.

LIME SHERBET

1 pkg. lime jello
1 pt. hot water
Juice of 3 lemons
1 cup sugar
1 qt. milk

Melt jello in hot water; add sugar, lemon juice and stir well. Add milk. Freeze until almost set. Remove from trays, whip; return to trays and freeze.

MILK SHERBET

1 qt. milk
1½ cups sugar
Juice of 2 lemons
Grated rind of 1 lemon

Add the sugar to the milk and stir until dissolved. Put in refrigerator trays or freezer and freeze until it begins to set. Then add the juice and rind of lemons and finish freezing.

ORANGE CREAM SHERBET

2 cups cream
2½ cups sugar
1 qt. milk
1 cup orange juice
⅓ cup lemon juice

Combine cream, sugar and milk. Partially freeze; add fruit juices, continue freezing.

PINEAPPLE SHERBET

1 pkg. lemon jello
⅓ cup sugar
¼ tsp. salt
2¾ cups boiling water
¼ cup lemon juice
2 cups crushed pineapple and juice

Pour boiling water over jello, stirring until dissolved. Add remaining ingredients; stir until smooth. Cool and freeze. Makes 2 quarts.

RASPBERRY SHERBET

1 pt. raspberries, crushed
1 qt. water
2 cups sugar
Juice of 2 lemons
1 tbsp. gelatin

Combine crushed raspberries with sugar. Soak gelatin in 4 tbsp. water. Heat remaining water to boiling point and dissolve gelatin in it. Pour over crushed raspberries and sugar. Strain; add lemon juice and freeze.

PUDDINGS

ALMOND-PEACH PUDDING

½ pkg. regular vanilla pudding mix
1 cup milk
1 egg, separated
¼ tsp. almond extract
1 8-oz. can cling-peach slices, drained
Bit of red currant jelly

1. Into pudding in saucepan, gradually stir milk; cook, stirring well until smooth and thickened; remove from heat.
2. Into well-beaten egg yolk, stir some hot pudding; then stir into rest of pudding. Cook 2 min. Cool, add extract; fold into stiffly beaten egg white. Refrigerate.
3. To serve: Put peaches in nappy dishes; spoon on pudding; top each with bit of jelly. Makes 2 servings.

AMBER PUDDING

4 eggs, well beaten
1 cup bread crumbs
1 cup sugar
1 cup orange marmalade
¾ cup butter
¼ cup citron, cut in small pieces

Mix the above ingredients well. Place in a greased pudding mold and steam for 1½ hours. Serve with the following sauce:

2 oz. sugar
2 oz. butter
¼ cup wine
Sprinkle of nutmeg
½ cup chopped almonds

Put in double boiler, cook until well blended.

APRICOT PUDDING

1 lb. dried apricots
½ lb. vanilla wafers
¾ cup butter or margarine
2 cups powdered sugar
½ cup sugar
1 pt. whipping cream
4 eggs
1 tsp. vanilla
Pinch salt

Cook apricots according to directions on box. Put through potato ricer or food mill. Sweeten with ½ cup sugar. Crush vanilla wafers and line a buttered baking dish. Save some of the crushed wafers for top of the pudding. Cream butter, sugar and salt; add vanilla. Fold in stiffly beaten egg whites. Pour over crumbs in the pan; over this pour apricot mixture. Spread with whipped cream and cover with remaining crumbs. Chill.

It is best to make night before. Serves 8 or 10.

BAKED PEACH PUDDING

2 eggs, beaten
2 cups milk, scalded
⅔ cup sugar
2 cups whole wheat bread crumbs
1 tsp. almond flavoring
¼ tsp. salt
2 cups fresh peaches, sliced or 2 cups canned peaches
2 tbsp. butter

Pour hot milk over bread crumbs; cool. Add sugar, beaten eggs, salt and almond flavoring. Mix; fold in peaches, pour in buttered baking dish, dot with butter and bake until peaches are tender. Cook in oven 400 degrees. Will serve 6.

BLUEBERRY CAKE PUDDING

1 cup sifted flour
1½ tsp. baking powder
¼ tsp. salt
½ cup sugar
1 egg
⅓ cup milk
1 tsp. butter, melted and cooled
½ tsp. vanilla
1 cup blueberries (washed and dried)
Topping

Sift together the flour, baking powder, salt and sugar. Beat egg until thick and pale colored; beat in milk, melted butter and vanilla. Add sifted dry ingredients; stir vigorously just until smooth. Fold in blueberries. Turn into buttered baking dish (8" x 8" x 2"). Drop blobs of the topping from the tip of a teaspoon over batter. Bake in moderate oven until done (about 30 minutes). Cut into portions in pan; remove with spatula; serve warm with lemon or orange sauce. Makes 6 to 8 servings.

Topping: Melt 2 tbsp. butter or margarine in a small saucepan; stir in 2 tbsp. sugar, ¼ tsp. cinnamon and 2 tbsp. finely chopped walnuts.

BROWNIE PUDDING

1 cup flour
2 tsp. baking powder
½ tsp. salt
¾ cup sugar
2 tbsp. cocoa
½ cup milk
1 tsp. vanilla
2 tbsp. fat, melted
1 cup nuts
¾ cup light brown sugar
¼ cup cocoa
1¾ cups hot water

Sift first five ingredients. Add milk, fat and vanilla. Mix well. Add nuts. Pour into greased 8" pan. Mix brown sugar and cocoa. Sprinkle over batter. Pour hot water over entire pudding batter. Bake at 350° for 40 to 45 min. The batter comes to the top and chocolate sauce is on the bottom. Serve hot or cold to 6 or 8.

CARROT PUDDING

1 cup raw grated carrots
1 cup raw grated potatoes
1 cup brown sugar
2 cups seedless raisins
½ cup milk
2 tbsp. butter
1 tsp. ground cinnamon
1 tsp. ground mace
½ tsp. salt
1½ cups flour
1 tsp. baking powder
1 cup black walnuts, chopped

Cream shortening with sugar; add grated carrots, potatoes, raisins and spices mixed with the flour and walnuts. Put in well greased molds. Steam slowly 3 hours or in pressure cooker 2 hours at 15 lbs. pressure. Serve cold or heat in mold. Serve with whipped cream flavored with rum. A real treat for Christmas!

CHERRY PUDDDING

1 lb. cherries (stoned)
½ cup sugar
3 eggs
1 cup milk
4 tbsp. flour
Pinch salt

Grease a pudding mold; put in the cherries and sugar, mixed together. Make a batter by beating the eggs and adding them to the flour, which has been sifted with the salt; mix in the milk and beat to remove all lumps. Pour this batter over the cherries; cover the mold and steam the pudding 1½ hours. Serve with following hard sauce:

Hard Sauce

½ cup butter
1 cup powdered sugar
2 tbsp. boiling water
4 tbsp. brandy

Beat the butter in a bowl until creamy, then add half the sugar and water. When light and fluffy, add the flavoring and set aside in a cool place until needed. If the flavoring is not wanted, any desired flavoring may be used.

CHOCOLATE-MACAROON PUDDING

1 pkg. (1 cup) semisweet-chocolate pieces
¾ cup finely ground nuts
½ cup granulated sugar
Dash salt
1 teasp. vanilla extract
4 egg yolks, beaten
¼ cup diced preserved lemon rind (optional)
4 egg whites
Heavy cream

Start heating oven to 375° F. Melt chocolate pieces over hot, not boiling, water; let cool 10 min. Add nuts, sugar, salt, vanilla, yolks, and lemon rind if desired. Beat egg whites until stiff; fold into chocolate mixture. Pour into ungreased 1½-qt. casserole or 6 ungreased custard cups. Bake casserole 40 min., custard cups 30 min. Serve hot or cold, with cream or whipped cream. Makes 6 servings.

CHERRY PUDDING A LA FRANCAISE

2 cups sour red cherries
¾ cup sugar
½ cup red wine
1 cup fine dry bread crumbs
½ cup butter or margarine
½ cup sugar
1 tsp. vanilla extract
3 eggs
Pinch salt

Wash and pit cherries. Mix with sugar and wine. Cook over low heat 15 to 20 min. Drain off juice but save for sauce.

Start oven at 350 degrees. Grease a 1 qt. baking dish or mold, dust sides and bottom lightly with additional dry bread crumbs.

Now mix bread crumbs with butter or margarine thoroughly. Add sugar, vanilla and egg yolks one at a time, stirring mixture briskly after each addition. Mix in cherries. Beat egg whites and salt in a separate bowl until they hold a peak. Fold them into cherry mixture, pour pudding into baking dish and bake 1 to 1¼ hours. Cook cherry juice slowly about 10 min. to concentrate flavor. At serving time, pour hot juice over hot pudding. Delicious! Serves six.

CHRISTMAS PUDDING

Mix together 2 cups seedless raisins, ½ cup finely chopped citron, grated rind of 1 orange and 1 lemon, 1 large apple, peeled, cored and chopped, ½ cup sliced glaced cherries, ¼ cup chopped pitted dates, ½ cup orange juice and 1 cup orange marmalade. Let it stand overnight. Beat 3 eggs until very light. Add ½ cup sugar and 1 cup molasses gradually. Then add 1½ cups packaged fine dry bread crumbs, 1 cup finely chopped beef suet, 1 cup chopped walnuts and the fruits you soaked overnight. Sift 1 cup flour with 1 tsp. salt, ¼ tsp. baking soda, 1 tsp. baking powder, 1 tsp. cinnamon, ½ tsp. allspice and ½ tsp. cloves. Stir into the pudding mixture and pour into greased and floured pudding molds. If you use 1 big mold steam 4 to 5 hours. It is nice to use two 1-qt. molds and steam 3 hours. In this way you can have one pudding for the Christmas dinner and one extra during the holidays. Puddings may be steamed days ahead, cooled, and steamed to reheat on Christmas Day. This type of pudding must be **hot** to be at its best! Serve with hard or foamy sauce.

Hard Sauce: Cream 1 cup butter or margarine with 1 cup superfine sugar until fluffy. Add ½ tsp. vanilla and grated rind of 1 orange. Mix well and chill. Serve with a sprinkle of shredded orange peel over the top.

CHRISTMAS PLUM PUDDING

1 cup packed suet
1 cup sweet milk
1 cup molasses
1 cup granulated sugar
1 cup currants
2 cups chopped seeded raisins
4 cups flour
1 tsp. cinnamon
1 tsp. cloves
1 tsp. soda
1 tsp. salt
1 cup broken walnuts
½ small bottle chopped Maraschino cherries

Sift flour, cloves, salt and soda together. Mix with all other ingredients. Fill molds about ¾ full and steam for 4 hours. This recipe will make 4 puddings, each large enough to serve 4 persons. These puddings will keep for weeks in the refrigerator.

DATE PUDDING

1 cup brown sugar
1 cup flour
½ cup milk
1 tsp. baking powder
1 cup chopped dates
2 cups boiling water
2 tbsp. butter
2 cups brown sugar
1 tsp. vanilla
½ cup chopped nuts
Pinch salt

Mix 1 cup brown sugar, flour, baking powder, dates and butter in order given and place in well greased pan. Mix water, 2 cups brown sugar, vanilla, pecans, and salt and pour over dough already in pan. Bake at 350° for 1 hour. Serve with wine sauce.

Wine Sauce

¼ cup butter
1 cup sugar
1 wine glassful of wine or brandy
1 egg
1 tsp. cornstarch
1 cup boiling water

Cook butter and sugar in boiling water, beat egg well; stir cornstarch in 1 tbsp. cold water. Blend well with the egg. Pour boiling mixture over the egg mixture and let simmer for 10 minutes. Remove from heat, stir in wine or brandy.

FIG PUDDING

Chop one and a half cups figs and one cup nut meats. Flour these lightly but well. Dissolve two teaspoons soda in one cup milk. Stir into two cups of graham flour which has been mixed with one half teaspoon salt, one half teaspoon ginger, one teaspoon cinnamon and one teaspoon clove. Mix well and add one cup dark molasses. Then add the figs and nuts. Steam in a pudding mold for three to four hours. Use a two-quart mold.

ENGLISH PLUM PUDDING

½ lb. suet
½ lb. currants
½ lb. seeded raisins
½ lb. sugar
½ lb. stale bread crumbs
½ tsp. each of ground cloves, nutmeg, ginger
Grated rind of 2 lemons
½ lb. thinly sliced citron
2 tbsp. grated orange peel
6 eggs
½ cup brandy

Chop the suet finely; clean the currants; chop raisins. Put all together in a bowl, add sugar and spices, flour and bread crumbs. Moisten with beaten eggs and brandy. Turn into well greased molds and steam 8 hours (2 hours in pressure cooker). These puddings will keep for a long period of time. Serve with hard sauce flavored with brandy.

FROZEN EGGNOG PUDDING

1 No. 2½ can fruit cocktail
½ cup Maraschino cherries
2 3-ounce pkgs. cream cheese
Pinch salt
1 tsp. vanilla
1 cup commercial eggnog
1 cup whipping cream
2 cups miniature marshmallows
Red food coloring

Drain fruit cocktail. Drain and cut cherries in quarters. Blend softened cream cheese with salt, vanilla and eggnog until smooth. Fold in stiffly beaten cream, marshmallows and drained fruit. Tint a delicate pink with red food coloring. Turn into ring mold, small angel food pan or any container which will fit into freezer. Freeze until firm, at least 8 hours or overnight. Unmold on cold platter and decorate as desired. Serve at once. Makes about 16 servings.

GRATED SWEET POTATO PUDDING

3 eggs
3 cups grated raw sweet potato
1½ cups brown sugar
½ cup butter
1½ cups milk
½ tsp. each of cinnamon, cloves, ginger and salt
1 tsp. grated lemon peel
1 tsp. orange rind, grated

Beat the eggs until light; add the sugar, butter and other ingredients. Blend well. Put in a baking pan well greased and bake in a moderate oven 350° for ½ hour. Stir well and cook 15 min. more. Serve with whipped cream flavored with sherry wine, or vanilla, if preferred.

HUCKLEBERRY PUDDING

½ cup sugar
¼ cup butter
1 pt. berries
2 eggs
1 cup flour
¼ cup milk
Pinch soda

Cream butter and sugar; add eggs. Add flour and milk alternately. Flour berries and add last. Boil in greased mold 2½ hours.

Liquid Sauce:

1 cup butter
2 egg whites, unbeaten
¼ cup boiling water
2 cups sugar
5 tbsp. wine

Cream butter; gradually add sugar, eggs one at a time, water, then the wine. Place pan in hot water, stir until smooth.

KING GEORGES' PUDDING

⅓ cup flour
1 level cup of any flaked cereal
⅓ cup sugar
½ cup raspberry or blackberry jam
½ cup suet
½ tsp. salt
1 egg
⅓ cup milk
1 tsp. baking powder

Put together in a bowl the flour, with baking powder and salt sifted in it, sugar, cereal and suet; beat the egg thoroughly and add the milk and jam. Mix and use to moisten other ingredients. Turn into a well greased mold and steam 3 hours. Serve with wine sauce.

MINCEMEAT PUDDING

3 cups toasted bread cubes
3 eggs
1 cup milk
1 stick melted butter
2 cups mincemeat
1 cup seeded raisins
1 cup thinly sliced apples
1 tsp. powdered cloves
1 tsp. mace
1 tsp. ginger
1 cup rum

Soak the bread crumbs in milk, if not real soft add a little more milk. Add the melted butter then the well beaten eggs. Finally the mincemeat, apples and raisins. Beat in the flavoring and rum. Bake in moderate oven for about 25 min. or until pudding sets. Serve with brandy or wine saouce or whipped cream.

OLD FASHIONED PEACH PUDDING

Mix and sift 2 cups flour, ½ tsp. salt and 4 tsp. baking powder. Work in 4 or 5 tbsps. butter and add ⅔ cup milk. Turn out on lightly floured board and knead slightly. Pat or roll out about ½ inch thick. With small biscuit cutter prepare pieces to cover bottom of buttered muffin pans. Mix 2 cups sliced ripe peaches with about ½ cup sugar. Place some of the peach and sugar mixture on dough in each muffin pan. Place a round of dough on top of peaches. Bake in hot oven until brown. Serve warm with hard sauce or cream.

ORANGE PUDDING

2 cups milk
⅓ cup sugar
¼ cup cornstarch
1 egg slightly beaten
¼ tsp. salt
½ tsp. vanilla
3 or 4 oranges
¼ cup sugar
1 cup whipped cream
1¾ cups scalded milk

Combine sugar, cornstarch and salt; add ¼ cup milk and egg. Add hot milk; cook until thick. Add flavoring, cool. Peel oranges, cut in chunks, remove seed, sprinkle with sugar; allow to stand 20 min., combine oranges with custard. Serve with whipped cream.

PLUM PUDDING

1 cup butter or margarine
½ cup suet, chopped fine
1 cup sugar
5 cups flour
1 lb. raisins, chopped
1 lb. currants, washed carefully
⅛ lb. citron, shredded fine
6 eggs, whites and yolks beaten separately
1 cup milk
½ cup grape juice or favorite liquid
1 tbsp. cloves
1 tbsp. mace
1 tbsp. nutmeg

Cream butter or margarine and sugar; add the suet; beat in the yolks which have been whipped smooth and light. Next put in the milk, then the flour, alternately with the beaten whites, then the liquid and spice, lastly the fruit, well dredged with flour. Mix all the ingredients thoroughly. Steam in covered individual molds for 2 hours.

STEAMED FIG PUDDING

1 cup dried figs (about ⅓ lb.)
2 cups sifted all-purpose flour
1 tbsp. ginger
1 tsp. baking soda
¼ tsp. salt
1 egg, beaten
1 cup light molasses
½ cup melted shortening
1 cup boiling water

About 2½ hours before serving:

1. With scissors snip stems from figs; simmer figs, covered, in water to cover for 30 min.; drain, snip fine.
2. Meanwhile, grease well a 2-qt. pudding mold with tight fitting cover. Sift flour with ginger, baking soda and salt; set aside.
3. Combine figs, egg, molasses and shortening. Add alternately the flour mixture and boiling water; mix well.
4. Turn into mold; cover tightly.
5. Place on trivet in deep kettle. Add enough boiling water to come halfway up. Steam covered, 2 hours, or until done.
6. Unmold on serving plate; serve hot with custard sauce of soft ice cream. 8 servings.

STEAMED ORANGE PUDDING

1½ cups scalded milk
1 cup bread crumbs
2 tbsp. butter
3 eggs
⅓ cup sugar
Grated rind and juice of 2 oranges

Pour the scalded milk over the crumbs; add the butter and let stand 10 min.; beat the eggs thoroughly, add the sugar, stir in the juice and rind of oranges. Turn in greased mold and steam 1 hour. Serve with Eggnog sauce.

Eggnog Sauce

¼ cup butter
1 cup sugar
1 wine glassful of wine or brandy
1 egg
1 tsp. cornstarch
1 cup boiling water

Cook butter and sugar in boiling water; beat egg well, stir cornstarch in 1 tbsp. cold water, blend well with the egg. Pour boiling mixture over the egg mixture and let simmer for 10 min. Remove from heat, stir in the wine or brandy.

CANDY

BROWN SUGAR NUT ROLL

2 cups granulated sugar
1 cup brown sugar
1 cup evaporated milk
¼ cup corn syrup
1 cup chopped pecans
Dash of salt

Butter sides of heavy 3 qt. sauce pan. In it combine sugars, milk, corn syrup and salt. Heat over medium heat, stirring constantly till sugars dissolve and mixture comes to a boil. Then cook to soft ball stage (236° F.) stirring frequently. Immediately remove from heat and cool to (110° F.) without stirring. Beat vigorously till fudge begins to lose its gloss and to hold its shape. Turn out on a buttered cookie sheet. Knead until firm, keeping hands well buttered. Shape in two 8-inch rolls 1½ inches in diameter. Roll in chopped pecans, pressing nuts on to coat. Wrap in aluminum foil, saran wrap or wax paper. Chill until ready to serve, then cut in ½ inch pieces. Makes 32 pieces. Mixture will curdle while cooking, but will become smooth while you beat it.

CHOCOLATE FUDGE

2½ cups sugar
¼ cup butter
¾ cup milk
1 tsp. vanilla
5 oz. marshmallows

Bring to boiling point quickly, stirring all the time. Cook over medium heat five minutes. Remove from heat, add 1 pkg. semi-sweet chocolate. Stir until chocolate is melted completely. Add vanilla. Pour in greased pan, cool thoroughly. One cup of chopped nuts may be added, if desired, just before pouring in pan. When well set, cut in 1½ inch squares.

CHOCOLATE PECAN GEMS

2 cups pecan halves
½ lb. sweet chocolate
1 tablespoon sweet milk

Melt chocolate, add sweet milk, and stir in pecans. Pour in large buttered pan or platter. Let get almost cold, separate in 1 inch size bites. If put in tin container tightly closed, it will keep well if not used for several days.

CHOCOLATE TRUFFLES

2 squares (2 oz.) unsweetened chocolate
¼ cup butter
¾ cup confectioner's sugar
3 egg yolks

Melt chocolate over hot water. Work butter or margarine until soft. Add sugar gradually and continue working until mixture is smooth. Beat egg yolks, one at a time to melted chocolate. Chill until candy is solid enough to hold a shape. Then roll into balls about the size of a large marble and sprinkle with chocolate spangles, cocoanut or finely chopped nuts. Store in tightly closed container. Makes 18 to 20.

CINNAMON NUTS

1 cup granulated sugar
½ tsp. cinnamon
⅛ tsp. cream of tartar
¼ cup boiling water
1½ cups walnut meat
½ tsp. vanilla

Mix sugar, cinnamon, cream of tartar and boiling water in saucepan. Cook until mixture reaches 246° F. or until a little of the mixture forms a firm ball when dropped in cold water. Add vanilla and nuts, stirring until mixture "sugars" and coats nuts, turn out on waxed paper and separate nuts. Makes about ¾ lb

COCOANUT CREAM CANDY

3 cups granulated sugar
¾ cup water
½ teaspoon cream of tartar

Boil without stirring often; when the syrup will spin a fine thread or form a firm ball when tested in cold water, remove from heat, beat untli it begins to cream. Add 1 teaspoon vanilla and beat in two cups finely grated cocoanut. Pour in buttered pan to cool. Pan should be about 8 x 10 in. square and 1½ in. deep. Cut in squares, wrap in wax paper and store until used.

CREAM-CHEESE FUDGE

1 3-oz. pkg. cream cheese, softened
1 pound confectioner's sugar, sifted
3 tablespoons water
1 teaspoon vanilla
3 1-oz. squares unsweetened chocolate, melted
1 cup broken California walnuts

Combine cream cheese, sugar, water and vanilla, blending smooth. Quickly stir in melted chocolate and nuts. Turn into buttered pan, spreading fudge 1 inch thick. Chill; cut in squares.

CREOLE PRALINES

2 cups light brown sugar
1½ cups coffee cream
1 tablespoon butter
2 cups pecans
1 teaspoon vanilla

Stir together in a 2 qt. saucepan, add ingredients except the pecans. Boil, stirring constantly for about 30 minutes—or until it forms a soft ball when dropped in cold water. Remove from heat, let stand for 5 minutes, beat until mixture gets creamy, beat in the vanilla; stir in the pecans until it gets quite thick, drop from large spoon to make 3 inch patties on buttered marble slab or large platter. Let harden, wrap in wax paper. Store in tin box.

CUBAN CARAMELS

1 lb. brown sugar
1 cup water
2 tsps. instant coffee
Dash of salt
1 tbsp. butter or margarine
½ cup heavy cream

Mix all ingredients in a large saucepan. Cook over a high heat, stirring constantly until sugar is dissolved. When candy boils hard, turn down heat and cook slowly until candy thermometer reaches 252° F. or mixture forms a hard ball when tested in cold water. Remove from heat. Wipe any crystals away from sides of the pan with damp paper toweling and pour into a greased 8 inch square pan. Cool completely and break into squares. Makes 1 lb. of caramels.

DIVINITY FUDGE

3 cups granulated sugar
⅓ cup white corn syrup
½ cup cold water
Pinch of salt
1 teaspoon vanilla
2 egg whites
½ cup maraschino cherries, cut in halves
½ cup chopped walnuts

Place sugar, corn syrup, water, and salt in saucepan over low heat, cook until a small amount dropped in cold water forms a hard or firm ball. Beat egg whites and pour one-half the sugar mixture over them, cook other half of the syrup a little longer, add to first part of cooked mixture; add maraschino cherries and walnuts. Beat until stiff enough to drop in 1½ inch blobs on waxed paper.

FONDANT

(Basic recipe for cream gems with nuts or fruit)

5 cups of sugar
1½ cups water
¼ tsp. cream of tartar

Combine sugar and water in 3 qt. sauce pan. Dissolve thoroughly before boiling point is reached, wash down sides of saucepan with pastry brush dipped in water, add cream of tartar, cook with lid on saucepan three minutes. Remove cover and boil without stirring until a small bit of the syrup will form a soft ball in cold water. Pour on a large platter or marble slab wiped with cold water. Cook to lukewarm and turn to center of platter, working back and forth until smooth. Knead well and put mixture in bowl. Cover with waxed paper or plate. Let ripen over night. May be divided in 4 parts, adding food coloring to each part, if desired. Some may be filled with a blanched almond; some with a crystallized cherry which has been soaked in brandy; some rolled in chopped nuts; and others with half a walnut or pecan on top. Any of these may be dipped in melted chocolate.

MILLION DOLLAR FUDGE

4½ cups sugar
Pinch of salt
2 tbsps. butter
1 tall can evaporated milk

Boil six minutes; put in large bowl: 12 ounces German sweet chocolate, 1 pint of marshmallow cream, 2 cups chopped nut meats. Pour boiling syrup over ingredients in bowl. Beat until chocolate is all melted then pour in buttered pan. Let stand a few hours before cutting. Store in tin box.

OPERA FUDGE

2 cups sugar
¾ cup milk
Dash of salt
2 1-oz. squares unsweetened chocolate
2 tbsps. butter or margarine
1 teaspoon vanilla
1 teaspoon lt. corn syrup

Butter sides of a 2 qt. saucepan; in it combine sugar, milk, chocolate, salt and corn syrup. Heat over medium heat stirring constantly until sugar dissolves and chocolate melts and mixture comes to boiling. Then cook to soft ball stage. Immediately remove from heat, add butter and cool to lukewarm (110° F.) without stirring. Add vanilla. Beat vigorously until fudge becomes very thick and starts to lose its gloss. Quickly spread in buttered shallow pan or small platter. Score six squares while still warm; place ½ walnut on each square. If you like better, stir in ½ cup broken nuts at end of beating time.

PANACHA

1 cup brown sugar
1½ cups granulated sugar
½ cup light cream
1 teaspoon vanilla
½ cup broken pecans
⅓ cup sweet milk
2 tbsps. butter or margarine

Butter sides of heavy 2 qt. saucepan. In it combine sugars, cream, milk and butter. Heat over medium heat, stirring constantly until sugars dissolve and mixture comes to boiling. Then cook to soft ball stage (238°), stirring only if necessary. Immediately remove from heat and cool to lukewarm (110°) without stirring. Add vanilla. Beat vigorously till fudge becomes very thick and starts to lose its gloss. Quickly stir in nuts and spread in buttered shallow pan or small platter. Score in squares while warm; cut when firm.

PEANUT BRITTLE

1½ cups granulated sugar
½ cup white karo syrup
½ cup water

Put on stove in heavy saucepan and cook until syrup bubbles; then put in 2 cups blanched raw peanuts. Let cook until peanuts begin to pop. Just before removing from fire, stir in 1 rounded tsp. baking soda. Stir well, then pour on buttered marble slab or large platter. Spread out as thin as possible. Use cloth napkin when pulling it out.

ROSE MINTS

2 cups granulated sugar
½ cup water
½ tsp. (scant) cream of tartar

Cook until it forms a soft ball (not sticky) when dropped in cold water. While cooking syrup, beat 1 egg white (as for meringue) and pour syrup very slowly at first beating all the time, then pour syrup faster. Batter must be cool enough to handle. Add 3 drops of peppermint to mixture before putting in pastry bag; use large pastry tube fitted in bag, squeeze through onto waxed paper. Makes 1 lb.

MRS. SHAY'S MINTS

2 cups granulated sugar
⅔ cup boiling water
⅛ lb. butter

Cook butter, sugar and water until sugar is dissolved and until a small bit dropped in cold water will form a hard ball, or if you have a candy thermometer it registers 260° F. Remove from heat, add color if desired and 12 drops of peppermint. Pour on greased platter or marble slab. When cool enough to handle easily, pull until creamy, then cut in small pieces.

SOUTHERN PRALINES

1 lb. light brown sugar
1 lb. pecans
3 tablespoons butter
4 tablespoons water

In buttered sides of a 2 qt. saucepan, cook butter sugar and water until it thickens, add pecans which have been broken in quarters. Remove from heat and drop by spoonfuls (large) on a buttered cookie sheet or large platter. Put ½ pecan on each pattie.

SUGARED WALNUTS

Toast lightly 2 cups walnut halves in slow oven. Mix 3 cups of sugar, 10 tablespoons of orange juice, grated rind of one orange, ¼ tsp. salt. Cook as a syrup to soft ball stage or 238° F. Stir well and add nuts. Do not break the walnuts. At a certain point the syrup will begin to whiten and sugar. Lift out the nuts with their sugar coating a piece at the ime. Dry on wax paper.

TURKISH FRUIT SQUARES

2 pkgs. Raspberry gelatin
½ cup boiling water
1½ cups sugar
½ cup cold water
½ cup chopped raisins
½ cup chopped pecans

Combine gelatin and boiling water, let stand 15 minutes; combine sugar and cold water; boil over medium heat, without stirring, to 238° F., syrup spins a thread. Remove from heat. Add slowly to gelatin, stirring well. Mix in raisins and pecans. Pour into greased shallow pan 8 in. square. Chill over night, cut into 1 in. squares. Roll in sugar or chopped nuts. Makes 1½ pounds.

WALNUT FUDGE

½ cup condensed milk
1 cup sugar
1 pkg. chocolate bits
16 marshmallows (large)
1 cup black walnuts
½ tsp. each salt and vanilla

Put sugar, condensed milk, chocolate and salt in heavy saucepan over slow heat. Bring to boil and cook 5 minutes, stirring constantly. Remove from heat, add walnuts and vanilla. Beat until thick. Pour into buttered pan 8 x 10 inches, cool. Cut in squares.

JAMS

Jams and Jellies do much better to be cooked in small quantities, 6 or 8 glasses is a good quantity to make at a time. A larger quantity often turns to a syrup rather than to jell.

BLACKBERRY JAM

Crush 2 quarts of blackberries. Put in boiler and let cook 8 minutes. Put through a sieve to remove seed. To each cup of the sieved blackberries, add 1 cup of sugar; cook 10 minutes. It requires more time for some berries to jell than others. Select those not too ripe for best results. Try a little on a cold saucer or plate and if it jells, put in glasses. When cool cover with paraffin and seal. You will always get good results if you use Sure Jell and cook as directed on Sure Jell package.

Blueberries and Strawberries can be cooked or prepared in the same way as Blackberries.

CURRANT RAISIN AND ORANGE JAM

Two pounds seedless raisins; five pounds fresh currants; four large oranges; five pounds granulated sugar.

Stem and wash the currants carefully. Peel and slice three of the oranges; put the orange peel in cold water and let it come slowly to the boiling point. Drain off the water and chop the orange peel coarsely. Add the sugar and juice of all the oranges, then other ingredients. Heat slowly. Bring to the boiling point and boil until thick, about 20 minutes. Pour into glass jars. When cool, seal.

GOLDEN PINEAPPLE JAM

1 lb. dried apricots
3 cups water
1 No. 2 can crushed pineapple
1½ cups granulated sugar
3 tbsp. lemon juice

Wash and drain apricots. Add water and simmer covered for 30 minutes. Cool; then mash to a pulp. Add pineapple and sugar. Simmer for 20 minutes, stirring often to prevent burning. Stir in lemon juice. Pack immediately in scalded jelly glasses to within ½" of top. Cover with ⅛" of paraffin. When cool top with tight cover. Makes 3 pints.

PINEAPPLE AND PEACH JAM

Fourteen pounds peaches; one pineapple; nine pounds sugar. Blanch and peel the peaches; remove the stones and cut the fruit in thin slices. Pare and remove the eyes from the pineapple. Grate it. Add to the peaches and the juice of both. Put the fruit and sugar in alternate layers in the preserving kettle and let stand for 2 hours. Then put the kettle on the heat and boil for 45 minutes, stirring occasionally. Seal.

RHUBARB AND FIG JAM

Five pounds rhubarb, one pound cut up dried figs; four pounds sugar. Wash the figs and soak two hours. Put through the food chopper. Cut the rhubarb in small pieces. Add the figs, sugar and water that the figs have soaked in. Boil for an hour or until very thick. Put into sterilized jars.

STRAWBERRY AND RHUBARB JAM

3 cups prepared fruit
1 2½-oz. box powdered pectin
4½ cups granulated sugar

Wash, trim, slice fine ½ lb. small red rhubarb. Do not peel. Hull, wash 1 qt. ripe strawberries. Crush, one layer at a time, to reduce to pulp. Combine fruits; measure 3 cups into a 6 qt. kettle. (Fill last cup with water if needed.) Add pectin; mix well. Bring to rolling boil, stirring constantly. Then stir in sugar. To reduce foaming ¼ teaspoon butter may be added. Bring to full, rolling boil; boil 1 min. Remove from heat; skim rapidly. Pour quickly into freshly scalded jelly glasses to within ½" of top. Cover at once with ⅛" layer of hot paraffin. Cool; cover with tight covers. Makes about 7 6-oz. glasses.

WHOLE STRAWBERRY JAM

4 cups (2 lbs.) strawberries, washed and drained
7 cups granulated sugar
2 tbsp. lemon juice
½ 8-oz. bottle liquid pectin

Put layer of berries in kettle and cover with layer of sugar. Continue to alternate layers of berries, then sugar until all has been used, leaving sugar on top. Let stand over night. Mix well and let come to a rolling boil. Stir constantly before and while boiling. Boil hard for 1 min. Remove from heat and add liquid pectin. Ladle off a few glasses of hot clear syrup for jelly. Strain into jelly glasses. Then stir and swim jam for just 5 min.; cool lightly to prevent fruit from floating. Then pour in hot sterilized jelly glasses to within ½° of top. Cover at once with hot paraffin; cover tightly. Makes from 3 to 6 glasses of jelly and 7 glasses of jam.

JELLIES

APPLE JELLY

Two quarts of chopped apples with peeling on; (sour apples are best); 1 pint water. Cook apples in water ten minutes. Put in cheese cloth bag and dip juice out. Do not squeeze, it will not be clear if pulp is mashed. To each cup of juice, add 1 cup of sugar. Cook in heavy skillet about 10 minutes; test a little mixture on a cold plate, if it will not jell, cook a few minutes longer. Pour in sterilized jelly glasses, cover with hot paraffin about 1/8" thick and cover with tight lids.

CRAB APPLE JELLY

Cook as above Apple Jelly, treat in same manner, then add 1½ cups of sugar to each cup of juice. Cook and test as Apple Jelly then put in jelly glasses, cover with hot paraffin and cover tightly to seal.

CRANBERRY JELLY

4 cups cranberries **2 cups granulated sugar**
2 cups boiling water

Pick over cranberries; wash. Place in saucepan with water. Boil until all berries burst open, about 10 min. Pour into sieve; mash through as much pulp as possible. Add sugar, return to heat; bring slowly to full rolling boil, stirring so all sugar is dissolved. Boil until mixture falls in sheet from spoon—about 5 minutes. Pour at once into wet mold or sterilized glasses. Chill until set; unmold. Serve with meat, fish or poultry. Makes 6 servings.

GOOSEBERRY JELLY

3 qts. green gooseberries **Sugar**
2 qts. water

Boil gooseberries in water in kettle until soft enough to mash easily. Strain and put through jelly bag. Add to every pint of juice, 1 lb. of sugar. Cook rapidly for 10 minutes, skimming while boiling. Turn into jelly glasses and seal after 1/8" hot paraffin has covered the jelly.

QUINCE JELLY

3 pounds of quince. Scald and rub off peelings. Cut up and add half as much water as the cut up quince measures. Boil 20 minutes. Pour quince mixture in thin muslin bag to drip, do not squeeze or the jelly will be cloudy. Add 1 lb. of sugar to each pt. of juice. Cook until the juice jells. Pour in sterilized jelly glasses, cover with 1/8" hot paraffin and seal with tight lids.

PRESERVES

CHERRY PRESERVES

6 lbs. cherries, seeded **6 lbs. sugar**

Soak cherries in sugar over night. Put in preserving kettle and cook slowly until done. Stir frequently to prevent sticking and burning. The syrup should be real thick.

DAMSON PRESERVES

6 lbs. of Damsons, less if you like. Wash and put in kettle and boil 10 minutes; remove from heat and seed. Put back in kettle with measure of fruit for measure of sugar. Cook until thick.

FIG PRESERVES

5 lbs. figs **5 lbs. sugar**

Remove stems from figs; soak in soda water for 2 hours, rinse well. Return to kettle with the sugar. Cook slowly until thick. A little ginger may be added a few minutes before taking from the heat. A few slices of lemon may be added if preferred to the ginger. Some people like the fig flavor without the ginger or lemon so season to taste; put in jars and seal.

PEACH PRESERVES

Cling stone peaches are best to preserve. Peel and cut in halves, 6 lbs. medium sized peaches; cover with 6 lbs. of sugar and let set over night. Next morning put in kettle and cook slowly until transparent. If the syrup is not as thick as desired, remove peaches on a large platter continue cooking syrup until thick enough. Return peaches to syrup, cook for five minutes. Put in jars and seal.

PEAR PRESERVES

6 lbs. is the average amount of preserves to cook at one time. Peel and cut pears in quarters. Drop in weak salt water for 20 minutes to prevent turning dark. Rinse well; pour 6 lbs. of sugar over the pears and let set over night. Next morning put pears in kettle and cook until transparent. A little ginger root cooked for 10 minutes with the pears adds a delightful flavor! Also cook 2 tbsp. of vinegar with the pears, as they crystallize easily and the vinegar will prevent them from crystallizing.

EASY STRAWBERRY PRESERVES

9 heaping cups of strawberries
9 level cups of sugar
3 tbsp. of vinegar

Cook over low heat, when the strawberries come to a boil, boil hard for 15 minutes. Pour in platter one inch thick and let stand over night. Next morning put in jars and seal with paraffin.

CONSERVES

BRANDIED FIGS

4 lbs. Figs
4 lbs. sugar
2 cups water
Brandy

Wash and soak figs in soda water for 20 minutes. Rinse well. Make a syrup of sugar and water; when sugar is dissolved add figs and cook until they are transparent. Set aside for 24 hours; drain off syrup and cook until thick. When cold add to syrup an equal part of Brandy. Put the figs in bottles or jars and fill with the Brandy syrup. Seal.

BRANDIED PEACHES

9 lbs. peaches
5 lbs. sugar
1 pt. water
1 qt. Brandy

Peel the peaches or skin after plunging in hot water. Then put them in cold water. Let the sugar cook with the water until it makes a thick syrup. Then put in peaches, enough for 2 jars and cook until easily pierced with a fork; put in jars and cook more peaches until all are done. Remove the syrup from heat and to every cup of syrup add ½ cup brandy. Pour over the peaches in the jars and seal. Will keep indefinitely **if not eaten!**

CALAMONDIN MARMALADE

3 cups prepared calamondin juice
1 tsp. powdered pectin (if desired)
3 cups sugar

To prepare fruit, select solid well-colored calamondins. Wash thoroughly. Add 1 tbsp. soda for each quart of fruit. Cover with boiling water. Let stand 10 minutes. Pour off soda water; rinse thoroughly.

Cut calamondins into thin slices, removing seeds. Or fruit may be ground in food chopper, using coarse blade.

Measure fruit; add 3 cups of water for each cup fruit. Cook until fruit is tender. Or cook in pressure cooker at 10 lb. pressure for 3 minutes.

Bring 3 cups prepared fruit and juice to a boil. Add sugar slowly, stirring until dissolved. (Pectin should be mixed with sugar, if used).

Boil rapidly to the jelly stage, 222 degrees on a jelly thermometer. This takes about 20 min. Remove from heat. Cool a few minutes to release air bubbles. Pour into sterilized jars. Seal.

ITALIAN PRUNE CONSERVE

2 lbs. Italian prunes
1 orange
2 cups water
½ cup seedless raisins
7 cups sugar
1 pkg. powdered pectin
½ cup coarsely chopped walnut meats

Chop orange fine, add water and simmer, covered for 20 min. Pit and halve the Italian prunes. Chop fine. Add orange. Measure 4½ cups of the combined fruit into a large saucepan. Add raisins. Measure sugar; set aside. Place fruit over high heat. Add powdered pectin; stir until mixture comes to a hard boil. Stir in sugar at once. Bring to a full rolling boil; boil hard for 1 minute, stirring constantly. Remove from heat. Add nutmeats, skim, and ladle quickly into jars. Paraffin. Makes about 11 six ounce glasses.

KUMQUAT MARMALADE

4 cups prepared Kumquats and juice
1 tsp. powdered pectin (if desired)
3 cups sugar

Prepare kumquats according to directions for calamondin marmalade, using soda bath, grinding or slicing and cooking until tender.

Bring fruit and juice to a boil. Add sugar (mixed with pectin if it is used). Cook rapidly until jelly stage is reached, 222 degrees on jelly thermometer. This takes about 20 minutes. Remove from heat. Cool a few minutes to release air bubbles. Pour into sterilized jars. Seal.

ORANGE CONSERVE

3½ cups prepared fruit
5 cups granulated sugar
½ cup chopped nut meats
¼ cup chopped raisins
¼ cup cut-up maraschino cherries
½ bottle liquid pectin

To prepare fruit: Remove skins from 3 oranges and two lemons in quarters. Lay skins quarters flat—shave off and discard one-half of white part. With very sharp knife, cut skins into fine shreds. Add 1½ cups of water, ⅛ tsp. baking soda. Bring to boil and cook 10 minutes. Cut off membrane of peeled fruit and slip pulp out of each section. Do not drain rind. Add pulp and juice and 1 cup of sugar (this is in addition to other 5 cups of sugar), simmer, covered 20 minutes longer. Place nuts, raisins, cherries and this prepared fruit in large saucepan with 5 cups of sugar. Bring to a rolling boil, stirring constantly; boil 1 min. There must be 3½ cups of prepared fruit juice, rind and pulp, if not add water to make 3½ cups before adding sugar, etc. Remove from heat and add liquid pectin, then stir and skim for 5 minutes. Pour in clean jelly glasses to within ½" of top. Cover with ¼" melted paraffin; cover and set away

ORANGE MARMALADE I

1 grapefruit
1 orange
1 lemon
Sugar, pint to pint
3 times measure of water to fruit

Remove seeds and core from grapefruit and orange and seeds from lemon. Put through meat grinder. Cover fruit with water and let stand over night. Next day boil 10 minutes, let stand overnight. Next day measure pint of fruit to pint of sugar and boil 1½ hours or until stiff. Seal in sterilized jars or glasses.

ORANGE MARMALADE II

1 grapefruit
2 oranges
2 lemons

Cut in 8ths; add 3 cups of water to one of fruit, let stand over night. Next morning cook 20 minutes, let stand until the next morning. Then cook 20 minutes, cool and cut fine with scissors and add a measure of sugar to each measure of fruit. Boil about 2 hours. Put in jars or jelly glasses and seal.

PEACH CONSERVE LENOX

Slice 3 oranges and 1 lemon very thin. (Use an extra sharp knife). Discard the seeds. Mix orange and lemon slices with 6 pounds of peeled peaches, add 10 cups granulated sugar and 2 tsp. cinnamon. Let stand 10 minutes to draw out the juice. Mix in 1½ cups chopped seeded raisins and ¼ tsp. salt. Simmer until the conserve thickens—about an hour over low heat. Stir frequently with a long handled spoon. Stir in 1 cup English walnuts, pecans or shredded almonds. Cook 5 minutes. Pour into sterilized jars and seal at once.

Peach conserve lenox is a spread of many uses. It goes deliciously with hot breads, makes a grand pudding topper and is a fine accompaniment for roast beef, lamb or chicken, however they're cooked.

PEACH CONSERVE

14 large peaches
4 oranges
4 pts. sugar
½ lb. coarsely cut up pecans
2 cups crystallized pineapple (cut in small pieces)
¼ lb. maraschino cherries (cut in halves)

Peel the peaches and cut in small pieces. Add the sugar, pulp of oranges and grated rind of 2 oranges. Cook 45 minutes, stirring constantly to prevent burning. Add the nuts, pineapple and cherries; cook 10 minutes longer. Put in jelly glasses and seal. Makes about 8 glasses. This is superb!!!

PEACH MARMALADE

6 large Freestone peaches
1 orange
1 lemon
Sugar

Wash well and wipe the orange and lemon. Slice and run through the meat grinder. Wash and skin peaches and cut into small pieces. Combine quickly with the ground orange and lemon, then measure. Use an equal amount of sugar to fruit. Cook over moderate heat until transparent and thickened to marmalade consistency. Stir occasionally. Pour into sterilized, hot glasses or jars and seal at once. Makes 5 1-pint jars.

PEAR AMBER

12 medium size Bartlett pears (4 lbs.)
2 large oranges
1 No. 2 can crushed pineapple
Sugar
1 4-oz bottle maraschino cherries

Wash and peel pears. Remove cores. Cut into small pieces. Wash oranges; dice or put through food chopper, using the whole orange. Measure pears, orange and pineapple and juice into a large preserving kettle. Add ¾ as much sugar as pulp. Let stand over night. Cook slowly until transparent and the mixture thickens, 45 min. to 1 hour, stirring occasionally. Add thinly sliced rings of cherries and continue cooking 5 min. longer. Pour into hot sterilized ½ pint fruit jars. Adjust lids. Seal at once. Makes 7 to 8 jars.

PEAR CONSERVE

4 lbs. pears
4 lbs. sugar
1 lb. raisins
1 cup walnut meats
1 cup raisins
2 oranges
2 cups crushed pineapple

Parboil pears until tender, peel oranges and cut up pulp. Grind orange peel in meat chopper fine. Boil sugar, raisins, nuts and pineapple in water pears were parboiled in. When this has boiled 10 min. add pears and orange pulp and cook until thick. Seal in pint jars or jelly glasses.

TOMATO CONSERVE

7 lbs. tomatoes
5 lbs. sugar
2 lemons, seeded and sliced very thin
½ doz. whole cloves
2 sticks cinnamon
½ doz. whole allspice

Put spices in cheese cloth bag and boil with tomatoes and lemons until transparent, remove spice bag; add sugar and cook until thick. Delicious with meats or as a preserve.

PECAN GRAPE CONSERVE

2½ lbs. Concord grapes
6 cups granulated sugar
2 tbsp. lemon juice
½ seeded orange ground, skin and all
½ cup pecans, broken, not chopped

Remove skins from pulp of grapes. Simmer pulp 12 min., then rub through a sieve. Combine sieved pulp, grape skins and remaining ingredients. Cook, stirring occasionally, over medium heat, until mixture appears jelly-like—about 50-60 min. Then pour quickly into freshly scalded jelly glasses to within ½" of top. Cover at once with ⅛" layer of hot paraffin. Cool; cover with tight fitting cover. Makes eight 6 oz glasses.

WATERMELON CONSERVE

4 pts. watermelon rind, grated
6 pts. sugar
2 pts. water
2 lemons, finely cut or thinly sliced
1 can grated pineapple
¼ lb. broken pecan meats

Peel the green rind from watermelon, remove all the pink part. Cut in small strips and run through meat grinder or grater. Drain well. Put the sugar and water in kettle and boil well; put the watermelon in it and boil until clear. When about half done, put in the lemons and cook 15 minutes. Then add the pineapple and nutmeats and cook until quite thick. Remove from fire, put in glasses and seal.

PICKLES

ARTICHOKE PICKLES

1 peck Artichokes (scrub well). Make syrup of:

3 qts. cider vinegar
2 lbs. brown sugar
½ lb. salt
½ oz. whole cloves
½ oz. allspice
½ oz. whole ginger
½ oz. celery seed
½ oz. black pepper
¼ tsp. red pepper

Mix and boil 10 minutes. After syrup is cold, add:

½ oz. tumeric
¼ lb. dry mustard

Mix well and pour over artichokes. Put in jars and seal. Should set 3 or 4 weeks before using.

BREAD AND BUTTER PICKLES

1 gal. fresh sliced cucumbers
2 green peppers sliced
2 small onions sliced
½ cup salt
1 qt. crushed ice

Mix all together. Let stand 3 hours. Drain. Make syrup of:

5 cups vinegar
5 cups sugar
2 tbsp. mustard seed
3 tsp. celery seed
½ tsp. celery seed
½ tsp. oil of cloves
1½ tsp. tumeric

Melt and pour over pickles. Bring to boiling point but **do not boil.** Bottle while hot.

CANTALOUPE PICKLE

Select cantaloupes just before they begin to ripen. Peel off outside rind and inside seeds and soft meat.

10 lbs. rind
2 qts. vinegar
8 lbs. sugar
10 drops oil of cinnamon
5 drops oil of cloves
2 tbsp. white mustard seed

Soak rind in water, about a gal. of cold water with 1 bottle of Lilly's lime dissolved in it—over night. Next morning wash rind thoroughly in cold water. Boil in salt water, 1 cup of salt to a gal. of water for 20 min. Drain and boil in ginger water, ½ box of ginger root and 1 gal. of water for 20 min. Drain and drop in cold water while syrup is cooking. Boil sugar, vinegar, mustard seed and oil of cloves and cinnamon for 15 min. Put rind in syrup and boil until clear, about 1 hr. Very good and unusual!

CHOPPED RAW PICKLE

2 qts. tomatoes
⅔ cup grated horseradish
2 medium size onions
2 heads celery
2 sweet red peppers
1 cup sugar
⅔ cup salt
2 tbsp. mustard seed
½ tsp. each ground cinnamon, cloves, ginger and mace
1 qt. vinegar

Peel and chop tomatoes; add the horseradish. Run the onions, celery and peppers through coarse blade of meat grinder. Mix with the tomato-horseradish mixture; stir well and add salt, sugar, mustard seed and spices. Pour vinegar over all and mix thoroughly. Put in jars and seal. Keep at least 2 weeks before using.

CRISP CUCUMBER PICKLE

First Day: Wash 1 pk. of cucumbers, cut in small strips, cover with cold water, let stand 24 hours.

Second Day: Drain off water, add 2 cups salt; cover with boiling water, let stand 24 hours.

Third Day: Drain off water, add 2 oz. of Alum, cover with boiling water, let stand 24 hours.

Fourth Day: Drain off water, add 1 qt. of vinegar, finish filling with boiling water, let stand 24 hours.

Fifth Day: Drain off water and vinegar and reheat, put back in pickles, let stand 24 hours. Do this the 6th, 7th, and 8th days.

Drain off water and make syrup of 5 cups sugar, 5 cups vinegar; add spices.

CRISP GREEN TOMATO PICKLE

7 lbs. green tomatoes
5 lbs. sugar
2 vials Lilly's lime
½ gal. vinegar
1 tsp. ground cinnamon
1 tsp. ground cloves
1 tsp. ground ginger
1 tsp. celery seed

Slice tomatoes thin, make 2 gal. of lime water (1 gal, water to each gal. of lime). Pour over tomatoes and let stand 24 hours. Drain, let soak 4 hrs. in clear cold water; drain again. Make syrup of sugar, vinegar and spices, let come to a boil and pour over tomatoes. Let stand over night. Next morning boil all together 10 min. Put in jars and seal.

CUCUMBER ICICLE PICKLES

2 gal. cucumbers, cut lengthwise
1 gal. water
1 pt. salt

Boil water, add salt and pour over cut up cucumbers. Let stand one week. Drain and wash off brine water; add 1 gal. boiling water and let stand for 24 hours. Drain; add 1 gal. boiling water and a piece of alum the size of a walnut. Let stand 24 hours. Drain. Make syrup of 2½ pt. vinegar, 8 pt. sugar, 1 box pickling spices. Boil and pour over cucumbers. Let stand 24 hours. Heat and pour over cucumbers daily for 4 days. Jut in jars with syrup and seal. Some trouble but excellent!!!

DAMSON SWEET PICKLE

10 lbs. Damsons
8 lbs. sugar
1½ qts. vinegar
1 box pickling spices

First split damsons and remove seeds. Then make syrup of sugar, vinegar and pickling spices, tied in muslin bag. Boil 10 min. Add damsons and cook until tender, about 1 hour. Put in jars and seal.

GREEN TOMATO PICKLES

Wash and slice 7 lbs. green tomatoes. Slice ¼" thick. Mix 3 bottles of Lilly's lime in 2 gal. of water. Put sliced tomatoes in this lime water and let soak for 24 hours. Stir several times while tomatoes are in lime water. (Be careful not to break tomatoes). Wash the lime water off the tomatoes, add 1 gal. of water to which ¼ lb. alum has been added, let tomatoes soak another 24 hours. Wash in clear water and soak in ginger water, 1 can or 1 box ginger (1 oz.) to 2 gal. of water. The third day, make syrup of:

5 pts. vinegar
8 lbs. sugar
1 tsp. whole cloves
1 tsp. allspice
1 tsp. celery seed
1 tsp. cinnamon

Cook about 15 min. Pour this over the drained tomatoes; let stand 30 min. Put back on stove and simmer 20 min. Put in jars and seal while hot.

PICKLED CHERRIES

2 lb. (2½ cups firmly packed) brown sugar
1 pt. cider vinegar
2 tbsp. whole cloves
4 sticks cinnamon (in pieces)
2 qt. (4 lbs.) sour red cherries

Cook brown sugar, vinegar, cloves and cinnamon together for about 3 min. Dump in washed, unpitted cherries and cook until almost tender—no longer than 5 min. Pour cherries and juice into 5 sterilized pint jars and seal securely. These pickled cherries taste grand with meat or fowl.

MUSTARD PICKLES

1 qt. each of small cucumbers, large cucumbers, diced, small onions
4 green peppers, cut fine
1 qt. cauliflower
1 qt. sweet red pepper strips
1 cup flour
1 cup sugar
6 tbsp. dry mustard
1 tbsp. tumeric
About 2 qts. vinegar

Make a brine of 4 qts. water and 1 pt. salt. Pour this over the vegetables and let soak 24 hours. Heat to scalding point and then put in collander and drain. Mix flour, sugar, mustard, and tumeric with enough cold vinegar to make 2 qts. Boil mixture until it thickens, stirring constantly to keep it from sticking. Add vegetables and cook until heated through. Put in jars and seal.

SWEET PICKLED FIGS

4 lbs. figs (picked with stems)
4 lbs. sugar
1 pt. vinegar
3 tbsp. pickling spices (put in cheese cloth bag)

Scald figs in soda water (sprinkle 1 tbsp. soda over figs and cover with boiling water). Let stand 5 min. Put in collander and wash lightly with cold water; drain. Put the figs with all other ingredients in preserving kettle and cook over low heat until dissolved, then turn up flame and boil 15 min. Set aside until next day. Pour off liquid and bring to a boil, pour over figs. This is done for 3 days. On fourth day boil all together for 15 min. and seal in jars.

SWEET PICKLED PEACHES

8 lbs. peaches
4 lbs. sugar
1 qt. vinegar
5 drops oil of cloves
10 drops oil of cinnamon

Peel peaches, put in porcelain container; cover with cold water in which 3 tbsp. of salt has been dissolved. (This prevents the peaches from discoloring). Make a syrup of the sugar and vinegar; add the cloves and cinnamon, boil 5 min. Put in some of the peaches, enough to fill 2 qt. cans; boil until easily pierced with a fork. Put in hot cans. Continue until all the peaches are ready for the jars. Boil syrup 10 min. Pour over peaches and seal.

An attractive addition, put 6 maraschino cherries in each jar before the hot syrup is poured over them. The liquid in the cherries may be drained in the syrup while it is boiling. If any syrup is left, put up until other pickles are made and add it to the other syrup. The peaches should set 2 months before using.

SWEET PICKLED PRUNES

4 lbs. prunes
2 lbs. sugar
2 cups vinegar
1 tbsp. cloves
1 stick cinnamon
½ oz. whole ginger

Wash prunes and soak in cold water over night. Next morning bring to boiling point and cook 10 min. Cook sugar, vinegar and spices for 10 min.; drain prunes from water and put in syrup. Cook slowly until tender. Put in jars and seal.

WATERMELON RIND SWEET PICKLES

10 lbs. watermelon rind, cut in strips squares or any desired shape

Trim off green outside rind and cut off all pink meat. Cover in porcelain container over night with 1 gal. of cold water in which is dissolved 1 bottle Lilly's lime. Next morning rinse well in cold water; then boil in salt water (to taste) for 20 min. Rinse in cold water and boil in ginger water, enough to cover rind; ½ box ginger root is the right proportion; boil 1 hour. Drain and cook in syrup made of: 8 lbs. sugar, 2 qts vinegar, 10 drops oil of cinnamon, 5 drops oil of cloves, 12 tbsp. white mustard seed. Boil until transparent, about 2 hours. Put in jars and seal.

RELISHES

ARTICHOKE RELISH

½ pk. artichokes
4 large onions, cut up
2½ cups granulated sugar
3 pts. vinegar
1 tsp. tumeric
½ tsp. red pepper
2 tbsp. white mustard seed
4 tbsp. salt

Wash and scrape artichokes well, then grind them up coarsely. Mix with other ingredients and simmer for half an hour. Put in jars and seal.

CABBAGE RELISH

1 medium head cabbage
10 carrots
4 large onions
3 green peppers
2 tsp. salt
2 tsp. mustard seed
2 tsp. celery seed
1 cup sugar
1 cup wine vinegar
1 cup water

Work cabbage and carrots through your food grinder (you should have 4 cups of each); grind onions and peppers. Put the ground vegetables and all remaining ingredientts in a large kettle and cook over a medium heat (cover the kettle) for about 1 hour. Give relish an occasional stir. Spoon into 6 sterilized pint jars and seal securely.

CHILI SAUCE

12 large ripe tomatoes
10 small onions
4 small red peppers
½ head medium size cabbage
6 tbsp. sugar
3 tbsp. salt
5 cups vinegar

Chop all vegetables fine; add remaining ingredients and boil 1 hour. Before taking from the fire, stir in 1 tsp. each of ground cinnamon, cloves, mustard and allspice. Put in jars or jelly glasses and seal.

CHOW CHOW I

1 gal. chopped cabbage
12 onions
12 sweet bell peppers
12 sweet red peppers
5 qts. green tomatoes
5 cups sugar
4 tbsp. white mustard seed
1 tbsp. ginger
3 tbsp. celery seed
2 tbsp. mixed spices
2 or 3 qts. vinegar

Run onions, peppers and tomatoes through a coarse meat grinder; add ½ cup salt. Let stand over night; drain. Put the spices in a thin muslin bag, add sugar and vinegar and make a syrup. Put in other ingredients and boil 20 minutes. Pour into hot sterilized jars and seal white hot.

CHOW CHOW II

1 pk. green tomatoes
1 pk. sweet green peppers
½ pk. sweet red peppers
2 lg. heads cabbage
6 lbs. onions

Scald and peel green tomatoes; remove stems and seeds from peppers; shred cabbage or grind in coarse knife of meat chopper. Soak all in salt water all night, using 1 cup salt to 1 gal. of water. Drain next morning and add 1 package of pickling spices tied up in a muslin bag; add loose, 2 tbsp. ground black pepper, 2 tbsp. white mustard seed, 8 lbs. brown sugar (½ white and ½ brown will be ok), about 6 qts. vinegar. Try 4 qts. first and add a little more if necessary. Cook all together until done, about 30 minutes. This will make 18 or 20 quarts of chow chow.

CHUTNEY

2 lbs. ripe tomatoes, chopped
½ lb. onions, chopped
2 lbs sour apples, chopped
1 lb. seeded raisins, chopped
2 tbsp. salt (level)
2 oz. ground ginger
2 oz. ground mustard
1 tbsp. cayenne pepper (level)
2 qts. vinegar
5 lemons, grated (rind & juice)
½ lb. brown sugar
2 medium onions, chopped
1 tbsp. white mustard seed
½ tbsp. tumeric
1 tbsp. curry powder (level)

Boil tomatoes, apples, onions and vinegar together until soft; mash through colander; then put all ingredients together and boil until thick, about one-half hour, stirring constantly. Put in sterilized jars and seal.

INDIA RELISH

12 ripe tomatoes, peeled
12 green tomatoes, scalded and peeled
6 sweet green peppers
6 sweet red peppers
8 medium sized onions

Grind in coarse blade of grinder; put in bag and drain for 1 hour.

Syrup:

4 cups sugar
4 cups vinegar
4 tsp. white mustard seed
4 tsp. celery seed
4 tsp. salt
2 tbsp. pickling spices, tied in bag

Put tomato, pepper, onion mixture in kettle with the syrup and boil hard for ½ hour. Put in jars and seal.

CRANBERRY ORANGE RELISH
(No Cooking)

4 cups fresh cranberries
2 oranges, quartered and seeded
2 cups sugar

Put cranberries and oranges through food chopper (coarse blade). Stir in sugar and chill. Makes 2 pints. Will keep well in refrigerator for weeks.

IOWA GREEN TOMATO RELISH

Mix 1 pk. ground green tomatoes with 1 cup salt, let drain in a cloth bag over night. The next morning grind 1 medium head of cabbage, 6 green peppers, 5 red peppers, 6 medium onions. Mix all together in a large kettle and add:

3 qt. vinegar
8 cups sugar
2 tbsp. celery seed
2 tbsp, mustard seed
1 tbsp. whole cloves

Cook until the onions are tender, then seal in hot sterilized jars.

MEXICAN COLESLAW

1 small head cabbage
1 small onion
1 green pepper
4 slices pimento
½ cup mayonnaise or salad dressing
¼ tsp. ground coriander
½ tsp. chili powder
½ tsp. liquid smoke
1 tsp. salt
1 tsp. sugar

Shred cabbage fine, cut onion in thin slices, cut green pepper and pimento in slender strips. Toss together in a salad bowl and refrigerate until dinner time. Mix mayonnaise with remaining ingredients. Pour over cabbage mixture at last minute and toss lightly but thoroughly. Makes 6 servings.

FRENCH RELISH

1 doz. sweet red peppers
1 doz. sweet green peppers
6 lbs. cabbage
3 lbs. onions
4 qts. green tomatoes

Run through coarse meat grinder. Make a brine of 1 gal. water and 1 cup salt. Make more if needed to cover the mixture. Soak over night. Next morning boil in same brine 10 minutes. Drain well and cook in the following syrup:

5 cups sugar
2 qts. vinegar
2 tbsp. tumeric
2 tbsp. celery seed
½ cup flour
½ tbsp. black pepper
3 tbsp. dry mustard

Mix ingredients; add vinegar, mixing smooth! Let come to a boil, stirring constantly as it sticks easily. Add vegetables and continue cooking 10 min. Seal in sterilized jars.

PEPPER HASH

1 pk. sweet green peppers
½ pk. sweet red peppers
4 lbs. chopped cabbage
2 lbs. onions
2 tbsp. mustard seed
2 tbsp. celery seed
1 tbsp. tumeric
3 lbs. sugar
2 qts. vinegar
½ cup salt
2 pods red pepper

Run peppers, cabbage and onions through a coarse meat grinder. Put in vessel with salt and 2 qts. of water; soak over night and drain through collander next morning. Put in kettle with sugar, vinegar and spices and cook until cabbage is done, about 1 hour. Put in sterilized jars and seal.

PEPPER RELISH

12 red peppers
12 green peppers
12 onions
2 cups vinegar
1 cup water
2 cups sugar
3 tsp. salt
1 tsp. celery seed
1 tsp. mustard seed

Wash and remove seed from peppers and drain. Clean onions and cut in quarters; grind peppers and onions in food chopper. Pour boiling water (enough to cover) over mixture and let stand 5 minutes. Drain through collander. Add other ingredients and boil together 10 minutes. Pack in sterilized jars.

RIPE PLUM RELISH

3½ cups prepared fruit
6½ cups sugar
½ cup vinegar
½ bottle fruit pectin

To prepare fruit, pit (do not peel) about 2 lbs. fully ripe plums. Grind or chop fine; add ¼ to 1 tsp. each cinnamon, cloves and allspice or other desired spices. Measure sugar, prepared fruit, and vinegar into large kettle. Mix well. Bring to a full rolling boil over hot fire. Stir constantly before and while boiling. Boil hard 1 min. Remove from fire and stir in bottled fruit pectin. Skim; pour quickly. Paraffin hot relish at once. Makes about 10 glasses (6 fluid oz. each).

SPEEDY CORN RELISH

2 cups drained whole-kernel corn
¼ cup chopped green pepper
½ medium onion, sliced thinly
6 tbsp. sweet pickle relish with liquid
¼ tsp. celery seed
½ tsp. salt
¼ tsp. dry mustard
2 tbsp. vinegar
2 tbsp. white corn syrup

In saucepan, combine all ingredients; simmer 5 minutes. Refrigerate, covered. Serve cold, with a hot or cold roast, ham, franks, etc. Makes 1½ cups.

STRAWBERRY RELISH

2 qts. ripe strawberries
¼ to 1 tsp. allspice
¼ to 1 tsp. cinnamon
¼ to 1 tsp. powdered cloves
7½ cups granulated sugar
2 tbsp. vinegar

Combine all ingredients; simmer about 5 min. Refrigerate covered.

TOMATO CATCHUP

6 large onions
1 pk. ripe tomatoes

Cut up tomatoes which have been peeled; also onions. Boil until thoroughly done. Add no water. Rub through a sieve and to every gallon of pulp add 1 quart of vinegar, 3 tbsp. salt, 2 tbsp. black pepper, 2 tbsp. sugar, 2 tbsp. ground mustard, 1 tsp. mace, 1 tsp. cinnamon, 1 tsp. cloves, 1 tsp. red pepper and 1 tsp. celery seed.

Mix all these ground ingredients in a pan with a little of the vinegar, making a smooth paste. Then add all together and cook slowly stirring often and keeping the foam skimmed off. Cook until as thick as desired. Put in bottles and seal.

TROPICAL CHILI SAUCE

Combine 1 cup chili sauce, 1 cup syrup drained from pineapple, 8 tbsp. cornstarch, dash of salt. Cook, stirring constantly, until thick and clear, about 5 minutes.

WINES

BLACKBERRY WINE

This recipe came from "Gody's Ladies' Book"—one of the first magazines published for ladies. I do not know the exact date—but about 1780!!

1 gal. blackberries, crushed **1 qt. of boiling water**

Put in a crock or porcelain container; cover container with a thin cloth and let set for three days.

Strain and to each gallon of juice, add 3 lbs. of granulated sugar. Cover and let it stand until it stops fermenting.

Filter or strain through two layers of thin cloth. Bottle. Let ripen for 60 days before using. It improves with age!

*Scuppernong Grape or other Grapes make delicious wine made by the above recipe.

A. U. S. SENATOR'S MADEIRA WINE

(A home brew not made for sale—Excellent!!)

3 gal. of warm water
5 lbs. granulated sugar
6 lbs. seeded raisins
2 cakes yeast
¼ lb. crushed almonds (not blanched)

Method of making: Put all ingredients in a crock; cover and stir well every other day for **20** days. Then filter or strain through a thin cloth doubled. Add 2 lbs. of sugar, stir well and let set 2 days. Filter again and bottle.

It will be ready for use in 60 days. A delicious wine at a low cost!

TOMATO WINE

Use ripe tomatoes, crush and follow recipe for blackberry wine. Makes a wine of unusual flavor and greatly adds to a seafood dinner.

MISCELLANEOUS AND FOREIGN DISHES

CHILEAN KIDNEY BEANS

2 medium sized onions
1 lb. ground beef
¼ cup fat
2 tsp. salt
¼ tsp. black pepper
2 tbsp. chili powder
2½ cups canned tomatoes
2½ cups boiled red kidney beans

Chop onions, cook them and the beef in the fat until lightly browned, stirring often. Add seasonings and tomatoes and simmer gently for 1 hour. Add the kidney beans and simmer several minutes more to allow flavor to blend well. Serves 6.

CHINESE CHOP SUEY

1 lb. veal or pork, shredded
¼ cup butter or margarine
1 cup peeled and diced mushrooms
¾ cup chopped celery
1 onion, chopped
½ cup chestnuts, chopped or sliced
2 cups canned bean sprouts
2 cups white stock or 4 bouillon cubes dissolved in 2 cups hot water

Saute meat in melted butter or margarine until well browned. Strain; return fat to pan, add mushrooms, celery, onion and chesttnuts; saute 5 min. more. Add cooked meat, bean sprouts and stock. Cover and simmer for 30 minutes. Serve with boiled rice topped with soy sauce and toasted noodles.

MANDARIN SHRIMP

4 tbsp. cooking oil
1 clove garlic, crushed
½ tsp. ground ginger
Salt and pepper
1½ cups rice
2 lbs. green shrimp
¾ cup water
¾ cup ketchup
1 tbsp. cornstarch

Put crushed clove of garlic in oil and cook very gently 3 or 4 minutes. Remove garlic, add other seasonings and blend. Add the shelled, cleaned shrimp to the oil and cook for 5 minutes. Then add water, cover tightly and cook for 5 minutes. Add ketchup and cook 5 minutes, uncovered. Make a paste of the cornstarch and a little water to thicken the juices. Serve hot over cooked rice at once.

BO-PE

Dough:

1 pkg. yeast
1½ cups warm water
4 cups flour
1 tsp. salt
2 tbsp. melted shortening
2 tbsp. sugar

Sift the flour, salt and sugar together in a large bowl and hollow out the center. Pour the yeast, which has been dissolved in the warm water into the hollow; add the melted shortening and mix well. Knead lightly on a floured board until the dough is smooth and elastic. Then place the dough in a greased bowl; cover with a sheet of waxed paper and set aside to rise at room temperature about 3 hours. Oil your hands and the board with salad oil and divide the dough in 24 small workable portions. Press out with the hands and then roll with rolling pin until each piece is about 4 inches in diameter. Drop good full tbsp. of filling on each piece of dough; then draw up edges around filling and make into ball. Press the edges together and turn so the seams are underneath. Let rise double. These may be baked or fried. However you cook them they are very delicious! Bake at 400° F. for 20 min. or Fry in deep fat at 375° F. for 20 min.

Sweet Filling:

1 pkg. pitted dates
½ cup pecan meats
½ cup orange marmalade
Rind of 1 lemon, grated

Grind in coarse meat grinder and fill the pastry dough pieces.

Meat Filling:

½ lb. ground beef
¼ lb. chopped mushrooms
2 cups minced celery
1 cup minced scallions
Salt and pepper to taste

When using the meat filling these make a nice main dish. Do try this recipe once, you will like it.

CHINESE FOO CHOW SCRAMBLE

8 oz. canned mushrooms, sliced
2½ cups bean sprouts
6 eggs
2 tbsp. butter
½ cup cream
½ tsp. salt
Dash pepper

Drain the liquid from the bean sprouts and mushrooms. Saute the mushrooms in butter to a light brown; add the bean sprouts and cook 5 min. Beat the eggs until light; blend with the cream and seasonings for 1 min. Cook in melted butter until a creamy consistency, stirring constantly. Place a serving of bean sprouts and mushrooms on each plate, top with scrambled eggs. Serve hot. Serves 6.

SCOTCH ROAST OF MUTTON

Wash and dry leg of ½ leg of mutton. Rub the leg with seasoned flour, (salt, pepper and 1 tsp. dry mustard). Make slits at intervals with a sharp knife and insert slices of garlic in the slits. Sear the roast about 20 min. in a hot oven then reduce the heat to 350° F. and cook for about 2 hours. Remove the juices from the roast pan; skim off the fat. Return the skimmed broth to the pan and add 1 cup Sauterne or Rhine wine and 1 cup raisins. Baste the meat often in this until thoroughly done.

CUBAN BEEF STEW

3 chopped onions
1 lb. chopped beef
2 tbsp. butter
1 No. 3 can tomatoes
¼ tsp. red pepper
1 tsp. salt
1 cup boiled spaghetti

Put tomatoes in saucepan; add onions, salt and pepper. Mix well. Let stand 1 hour. Add spaghetti and meat. Bring to boil, reduce heat and simmer 3 min. Stir in melted butter. Serve hot. Serves 6.

TIM-SHUN-YOK-KOW

3 lg. green peppers, seeded
4 canned pineapple slices
1 lb. ground chuck
2 tsp. bottled soy sauce
Salt
1 tsp. seasoned salt
¼ tsp. pepper
1 tbsp. flour
2 tbsp. butter or margarine
1 cup canned chicken broth
½ cup juice from pineapple
¼ cup vinegar
2 tbsp. cornstarch
1 tbsp. sugar
2 tsp. bottled soy sauce
Fluffy hot rice or canned chow-mein noodles

One hour before serving:

1. Wash, then cut each pepper into 6 pieces; cook in boiling water to cover, 3 min. Drain, cut each pineapple slice in 6 pieces; drain.
2. Combine chuck, 2 tsp. soy sauce, ¾ tsp. salt, seasoned salt, pepper; blend well. Shape into 16 small balls; roll balls in flour.
3. In hot butter in skillet over medium heat, brown balls on all sides; cover; and simmer 5 min. Remove to hot platter; keep warm.
4. To butter in skillet, add ⅓ cup chicken broth, green peppers, pineapple pieces. Cover; simmer 8 min. Meanwhile, combine ⅔ cup broth, pineapple juice, vinegar, cornstarch, sugar, 2 tsp. soy sauce, ½ tsp. salt; add to green pepper mixture; stir constantly till thickened and clear.
5. Pour pepper mixture over meat balls. Serve hot, with fluffy rice or chow-mein noodles. Makes 4 servings.

IRISH STEW

1½ lbs. beef, chuck or boneless shin cut in 2" pieces
1 tbsp. salt
¾ tsp. pepper
3 cups meat stock (made with 4 beef bouillon cubes)
⅜ tsp. thyme
3 tbsp. ketchup
1½ tbsp. Worcestershire sauce
Garni of 1½ bay leaves
3 sprigs parsley, minced
1 clove garlic, minced
12 small potatoes, quartered
6 carrots, cut in thirds
2 large onions, sliced
1 cup celery, cut in 1" pieces

Season meat with salt and pepper. Add meat stock and seasonings. Make garni using pieces of cheesecloth; secure with string at top. Pressure cook using 15 lbs. pressure control for 15 min. Reduce pressure with cool water. Open cooker and add layer of potatoes, carrots, onions and celery. Replace cover and steam for 10 min. Pressure cook, using 15 lbs. pressure control for 3 min. or until vegetables are tender. Reduce pressure with cool water. Serves 6.

ENGLISH MUFFINS

2 pkg. yeast
½ cup warm water
1 cup milk
2 tbsp. sugar
3 tsp. salt
½ cup melted shortening
½ cup cool water
6 cups flour

Dissolve the yeast in warm water. Scald the milk and add the sugar, salt and shortening. Cool with ½ cup of cool water. When lukewarm, add the yeast to this and mix in the flour. Knead it to make a nice smooth dough. Place in a greased bowl; cover and let rise to about double in size; about 1 hour. Turn onto floured board and shape into 18 or 20 muffins, about ¾" thick. Place them on a cookie sheet which has been sprinkled with cornmeal. Sprinkle tops lightly with corn meal and let rise about 1 hour. Bake about 9 min. on each side on an ungreased griddle which is moderately hot. If they brown too fast, reduce the heat so that the muffins will cook through. Break or tear the muffins open and serve with butter, jam or marmalade.

SCOTCH PANCAKES

1 egg
½ cup powdered sugar
¼ cup melted butter
2 tsp. baking powder
⅛ tsp. salt
¼ tsp. soda
1 cup flour
⅔ cup milk

Combine the beaten egg, sugar and melted butter; add the sifted dry ingredients and milk and beat thoroughly. Pour on oiled griddle by spoonfuls and cook about 3 min. or until browned; turn and cook other side. (Never turn but once). Remove to heated plate; sprinkle with sugar and lemon juice.

CHINESE BEEF WITH MUSHROOMS

1 clove garlic
3 tbsp. olive oil
Salt and pepper to taste
1½ lb. round steak, cut ⅛" thick
3 tbsp. diced onions
½ cup beef broth
3 tbsp. cornstarch
1 tbsp. soy sauce
½ lb. fresh mushrooms, peeled and sliced

Place oil and garlic in heavy frying pan. Cook gently about 2 min. and remove garlic. Add the seasoned steak slices and onion, cooking over moderate flame until meat is tender and nicely browned. Add the beef broth and sliced mushrooms; cover pan tightly and cook gently about 10 min. Add soy sauce to cornstarch and enough water to make a thin paste. Mix well into broth, cooking over low flame and stirring constantly until broth thickens. Serve at once, piping hot over hot boiled rice.

CRAB MEAT EGG PANCAKE

1 cup fresh crab meat (or small can)
½ cup celery, chopped fine
2 tbsp. minced scallions
4 eggs, well beaten
Salt and pepper

Heat 3 tbsp. cooking oil in heavy frying pan. Mix the beaten eggs into the rest of ingredients and pour in the pan. Cook over low flame until the pancake is set. Then cut into quarters and turn each quarter carefully. Avoid over-cooking which will toughen the pancake. Serve at once.

ENGLISH PORK PIE

3 lbs. lean pork shoulder
1 veal knuckle
2 onions
Salt and pepper

Cut the fat and gristle from the pork and cut into 1" cubes. Place the trimmings and veal knuckle in a kettle with a little fat; add 1 onion chopped coarsely and salt and pepper to taste. Cover with water and simmer slowly for 3 hours. Meanwhile, line an earthenware casserole with pastry (reserve enough to make a top), fill ¾ full with pork cubes. Place the other chopped onion, dash of salt and pepper and pinch of sage over the meat. Pour in water to make about 1" in the bottom. Put top on the pie with other pastry. Seal well around the edges. Cut a hole in the center for steam to escape and bake 1½ to 2 hours in moderate oven. By now the broth should be cooked down to about 2 cups. Strain it; remove the fat and pour into hole in pork pie with a funnel. Cool and chill until broth has jellied.

BRINJAL SMOORE

2 3-lb. broiler-fryers, quartered
⅓ cup butter or margarine
Water
1 6-oz. can tomato paste
2 cloves garlic, finely minced
2 tbsp. sugar
10 whole cloves
1 tsp. salt
2 tbsp. vinegar
½ tsp. tumeric
1 stick cinnamon
2 tbsp. Worcestershire sauce
5 whole cardamoms, peeled
½ tsp. paprika
Fat or salad oil
1 1½-lb. eggplant, unpared
3 tbsp. lemon juice
1 tbsp. salt
2 tsp. turmeric
4 medium onions, peeled, quartered
1 large green pepper, cut into eighths
2 large tomatoes, sliced
Slivered almonds

About 2 hours before serving:

1. Start heating oven to 425° F. In 13" x 9" x 2" baking dish, arrange chicken skin side up in single layer. Dot with butter. Bake uncovered 30 min. or until golden brown, occasionally brushing with drippings in baking dish.
2. Reduce oven temperature to 350° F. In saucepan, mix 1¼ cups water, tomato paste, garlic, sugar, cloves, 1 tsp. salt, vinegar, ½ tsp. turmeric, cinnamon, Worcestershire, cardamoms and paprika; bring to a boil and simmer 5 min. Pour 1 cup of this sauce over chicken, coating all pieces; then place remaining sauce in skillet. Bake chicken 20 min., or tlil tender.
3. Meanwhile, in deep saucepan, put enough fat or salad oil to come halfway up the side. Heat to 375° F. on deep fat frying thermometer. Now, cut eggplant in 3" x ½" strips; turn into large bowl; sprinkle with lemon juice; cover with water; let stand 5 min. Remove eggplant; drain well; sprinkle eggplant with 1 tbsp. salt mixed with 2 tsp. turmeric.
4. In hot fat, fry eggplant a few strips at a time about 2 min. Drain well.
5. Meanwhile, in tomato sauce in skillet, simmer onions and green pepper, covered, 10 min., or just until fork-tender.
6. Arrange eggplant, onions, pepper and tomato sauce over chicken pieces in skillet.
7. Lay tomato slices on chicken; sprinkle with almonds. Return to oven and bake uncovered, 15 min. longer or till heated through.
8. Arrange on heated large platter with big bowl of fluffy rice, tossed with seedless raisins. Makes 8 hearty servings.

CHINESE ALMOND CAKES

Sift in large bowl: 2½ cups all-purpose flour, ¾ cup sugar, ¼ tsp. salt, 1 tsp. baking powder. Blend in ¾ cup shortening. Beat together and add 1 egg, 2 tbsp. water, ½ tsp. almond extract.

Mix as you would pastry and when thoroughly blended form into balls about the size of a walnut. Place on cookie sheet and press with the heel of your hand to flatten. Press 1 whole blanched almond into the top of each cookie and brush with slightly beaten egg white. Bake at 350° F. Yields about 36.

ALSATIAN MEAT

1 large onion, chopped fine
1 green pepper, cut in strips
3 ribs celery, cut in 1" pieces
¼ lb. mushrooms, sliced
1 can tomato paste
1 cup olive or salad oil
¾ cup hot water
1 lb. left-over roast meat
1 pkg. large noodles
½ cup grated cheese

Heat oil in heavy frying pan and cook vegetables gently until clear and tender. Add the can of tomato paste with ¾ cup of hot water. Cut a lb. of cooked beef, lamb or fresh pork into cubes and add to mixture. Cook a pkg. of large noodles and put a layer into greased casserole alternately with meat sauce. Sprinkle grated cheese over the noodles. Top with buttered crumbs and bake 20 min. in moderate oven. Serve with French bread and salad greens.

RHAMKUCHEN (Cheese Cake)

1½ cups rolled Zwieback crumbs
3 tbsp. butter or margarine
2 tbsp. sugar
1 lb. cream cheese
½ cup sugar
½ tsp. vanilla
1 tbsp. sugar
Grated rind of 1 lemon
1 tbsp. lemon juice
2 eggs, separated
1 cup thick sour cream
1 tbsp. sugar

Blend the rolled crumbs with melted butter and 2 tbsp. sugar. Press in the bottom of a 9 in. spring bottom pan. Place in a warm (300° F.) oven for 5 minutes to set the crust. Warm the cheese to room temperature and break up well with a fork. Blend in the sugar and lemon juice, rind and vanilla. Drop in the egg yolks one at a time, beating well after each egg. Beat the egg whites stiff and fold in the mixture with a spatula. Pour over the crumb crust and bake at 300° F. for 45 minutes. Mix 1 tbsp. sugar and the vanilla into the sour cream. Spread lightly over the top of the cake, return to the oven and bake 10 min. more. Let the cake cool and remove the rim from the spring pan to serve.

HOMARD A LA NEWBURGH

1 lb. freshly picked lobster meat
4 tbsp. butter
¼ cup sherry wine
1½ cups cream
4 egg yolks
Salt and pepper

Cut the lobster meat in small pieces and cook in the butter until thoroughly heated. Add to this the Sherry wine and cook, uncovered, until the Sherry has mostly disappeared; Dash with paprika. Now, heat 1¼ cups cream in the top of a double boiler (reserve the ¼ cup of cream to blend with the beaten egg yolks). When the cream is hot, blend a little in the egg mixture. Add the egg mixture to the hot milk and stir constantly until smooth and velvety. Add the lobster.

Prepared in Grandma's chafing dish it is a real conversation piece!

ZITRONEN BRADCHEU

2 whole eggs and 2 yolks
1 cup sugar
2 cups flour
1 cup citron, grated
Rind of 1 lemon, grated

Mix ingredients in order given. Take a small amount and roll into a strip about 3 inches wide (use as little flour as possible); cut strips into pieces 2 inches long and fold over. Decorate with 2 half cherries or nuts. Bake about 15 minutes at 350° F.

These cookies will be very hard until stored in a tight container with 2 or 3 apples quartered for 2 or 3 weeks.

BASIC FRENCH OMELETTE

Select a cast iron or heavy aluminum pan with round bottom; oil it as you would your waffle iron.

4 eggs
2 tbsp. water
Salt and pepper
1 tbsp. butter

Beat the eggs with the water; add the salt and pepper to taste. Add the butter to the pan, preheated so that the butter sputters but does not scorch. Pour in the egg mixture and let it set around the edges. With a fork, pull the omelette away from the edges of the pan; rolling the pan so as to let the uncooked eggs seep down underneath. When all the eggs are set (just barely set, not dry), fold the omelette in the pan and turn out onto a hot platter and serve.

The French are masters with an omelette and make a great variety of them. Some favorites—creamed chicken, fine herbs, fresh fruits—in fact try your own special filling.

ESCALOPES de VEAL a la BORGEOISE

6 veal cutlets
1 egg
1 cup dry bread crumbs, rolled fine
½ cup grated cheese
Salt and pepper
1½ cups rice, boiled fluffy
Tomato sauce

Dip the veal pieces in beaten egg and then in crumbs to which the cheese has been added with the salt and pepper. Saute well in fat. Pour tomato sauce (condensed tomato soup) in pan with the cutlets and continue cooking until tender. Serve with fluffy rice.

SCHWABISCHES FLEISCH

6 thin slices of steak
Salt and pepper
1 cup concentrated bouillon
1 cup sour cream
1 tbsp. grated lemon peel
2 tbsp. parsley, minced
1 tbsp. onion, chopped

Brush the steaks with bacon drippings and season with salt and pepper. Broil quickly until browned on both sides, but still quite rare. Pour the drippings from the broiler into a stew pan. Add 1 tbsp. chopped onion. Work 1 tbsp. of flour into small amount of the fat; blend in the bouillon and add to drippings. Add sour cream and other ingredients. Arrange the steaks in the sauce; cover and simmer until the steaks are tender.

STUFFED ZUCCHINI

6 medium sized Zucchini squash
6 slices day old bread
2 eggs
Salt and pepper
½ cup grated Italian cheese
1 medium onion, chopped fine

Wash the Zucchini well; remove the skin and blossom ends and parboil in salted water for 7 minutes. Split lengthwise and scoop out the pulp. Pour cold water over the broken up bread slices and squeeze dry. Chop the pulp of the squash and mix with the bread crumbs and all other ingredients. Drizzle olive oil or melted butter over the top and sprinkle with grated cheese. Place on a greased baking dish or cookie sheet and bake at 360° F. for about ½ hour or until squash is tender.

PIZZA PIE

Dough:

1 pkg. yeast
2 tbsp. warm water
1 cup boiling water
1½ tsp. salt
2 tbsp. shortening
3 cups flour

Dissolve the yeast in the warm water; pour the boiling water over the shortening; cool. Add the yeast and ½ of the flour to the shortening and beat until smooth. Divide the dough into two equal parts and pat in rounds about 12 inches across, making a thicker rim to hold the filling. Place on greased cookie sheet to rise about double in size.

Filling:

1 tbsp. olive oil
½ cup grated Parmesan cheese
¾ lb. sharp Cheddar cheese
2 cups diced, peeled, tomatoes or drained whole canned tomatoes
1 clove garlic, crushed
Salt and pepper to taste

After dough rises, brush top with olive oil and sprinkle with Parmesan cheese. Then make a layer of Cheddar using about half of it. Bits of Italian sausage or Anchovies may be dotted over this. Add salt, pepper, garlic and tomatoes and spread over cheese. Remaining cheese is slivered over this and sprinkled with crushed Oregano. Drip olive oil over the whole thing and bake in a hot oven, 450° F. 25 to 30 minutes.

BROCCOLI WITH MUSTARD SAUCE

1½ lbs. broccoli

Wash broccoli in salted water; remove the heads from the heavy stalks. Peel and split the stalks and cook all in boiling salted water until just tender. Drain and arrange on a heated dish—the stalks underneath, the heads on top. Pour mustard mayonnaise over and serve.

Mustard Mayonnaise

3 egg yolks
3 tsp. dry mustard
3 tbsp. cream
3 tbsp. tarragon vinegar
4 tbsp. salad oil

Beat the egg yolks well; add the mustard, cream and vinegar together in a bowl over hot water until they thicken. Dip in the oil, while the beating still continues, until the sauce is fluffy. Pour at once over the broccoli and serve.

FOIE de VEAU (Calf's Liver)

Fry out two slices of bacon for each serving. Drain on paper toweling. Dredge serving portions of calf's liver in well seasoned flour and saute quickly in the bacon fat. Cooked liver should be slightly pink inside. Remove the slices to a warm platter. Discard the bacon fat and cook 1 tsp. of minced onion in 1 tbsp. butter until tender. Add ½ cup red wine (or meat stock) and simmer for about 2 min., loosening the brown bits from the skillet as you stir. Pour the sauce over the liver. Arrange the bacon around the edges and garnish with parsley.

TONNO—MARINER'S PIE

4 tbsp. olive oil
1 clove garlic
1 No. 2 can whole tomtaoes
1 small can peas
1 large can tuna (Tonno)
1 small jar ripe olives
Salt and pepper

Heat the oil in a heavy skillet and cook the slivered garlic until golden brown. Remove the garlic and add the tomatoes to the oil; cooking over low heat for ½ hour to thicken. Add the peas and flaked tuna and slivered olives; heat thoroughly. Be careful not to break up the tuna. Serve over cooked noodles and top with Parmesan cheese.

MANZANAS EN DULCE

(Honeyed Apples)

½ cup chopped dried figs
⅓ cup blanched almonds, chopped
½ cup water
1 cup honey
1 tsp. melted butter
6 medium apples

Start heating oven to 325° F. Combine figs and almonds in small bowl. In another small bowl, stir together water, honey, and butter. Twist stems out of apples. Starting at the blossom end, peel apples about a third of way down; also remove cores part way down. Fill apples with almond mixture; arrange in 12" x 8" x 2" baking dish; pour on water and honey mixture. Bake, basting often until tender but shapely, about 1¼ hours. Refrigerate until serving time.

PESCADO ESPANOL
(Baked Fish, Spanish Style)

6 2" slices sea bass (3 lb.)
1¼ tsp. salt
⅜ tsp. pepper
¼ tsp. nutmeg
¼ tsp. red pepper
1 tbsp. olive oil
1 large onion, thinly sliced
1½ tbsp. chopped pimento
6 fillets of anchovy
6 thick slices peeled tomatoes
3 tbsp. snipped chives
1 cup thinly sliced fresh mushrooms
¼ cup white wine
½ cup melted butter or margarine
1 cup fresh bread crumbs

Early in day:

1. Wipe fish with damp cloth; dry. Sprinkle with mixture of salt, pepper, red pepper, and nutmeg.
2. Put olive oil in 12" x 8" x 2" baking dish; top with onion, then pimento.
3. Arrange seasoned fish slices, side by side, on top of onion slices. Next, place one anchovy fillet on each fish slice. Cover each with a tomato slice and sprinkle with snipped chives. Next, scatter mushroom slices over all; then pour on wine.
4. Now tightly cover dish with aluminum foil, and refrigerate.

One hour before serving:

1. Heat oven to 450° F. Place covered fish dish in oven and bake 25 to 30 min.
2. Meanwhile, combine melted butter and bread crumbs. Uncover dish and sprinkle top of fish with buttered bread crumbs.
3. Bake, uncovered, until well browned—5 to 10 min.
4. Serve fish piping hot, with crusty bread sticks or fluffy rice seasoned with onion and paprika. Makes 6 servings.

LA SAGNA WITH TOMATO AND MEAT SAUCE

Tomato Sauce:

1 medium onion, diced
2 cloves garlic, slivered
4 slices salt pork, ¾" thick
Salt and black pepper to taste
1 No. 2 can tomatoes
1 can tomato paste
1 lb. beef, pork, or lamb

Pour the can of tomatoes in a saucepan and let simmer slowly. Meanwhile, fry the salt pork until brown and remove from the pan. In the remaining fat, brown the other meat which has been cut in cubes. Add to the tomato sauce.

In the same fat, brown the onion and garlic (omit the garlic if not desired); add the tomato paste to the onion and simmer about 10 min. Then add to the tomato sauce and simmer over very low heat about 2 hours.

Cheese Filling:

1½ lbs. Italian cheese
Salt and black pepper to taste
1 cup Romano cheese, grated
6 eggs

Mix together the Italian cheese, eggs, salt and pepper and ¾ cup of Romano grated. Set this aside. In a large kettle, bring 5 qts. of water, salted, to a brisk boil and drop in 1 lb. package of La Sagna macaroni, 1 strip at the time, and cook until tender, about 25 minutes. Drain and pour cold water over it. Using a casserole or baking dish, pour in tomato sauce to cover bottom, then a layer of La Sagna and a layer of the cheese filling. Sprinkle with Italian cheese and more tomato sauce. Repeat this until all the La Sagna and cheese filling is used up. Bake ½ hour at 375° F.

The meat pieces which were in the tomato sauce may be passed as a separate dish.

WINES—THEIR PROPER USAGES

GENERAL RULES:

Wines are chosen in relation to each other as well as to food.

A dry wine never follows a sweet wine.

A light wine never follows a full wine.

For a luncheon or dinner, where only one wine is desired, a medium type: Claret, Chianti, Sherry or Rhine Wine is used.

Hors D'oeuvres....Light dry wine, generally "white"; Light Sauterne, Dry Catawba, Alsatian, Rhine Wine or White Burgundy.

Oysters .....Light dry wine, always "white"; Chablis or Dry Champagne.

Soup .....Light dry wine, generally "white"; Sherry, Graves, Beaujolais, other White Burgundies.

Fish.....Light dry wine, always "white"; Hock, Moselle, Alsatian, Dry Champagne, White Burgundies.

Meat.....Medium wine, generally "red"; Claret, Burgundy, Chianti.

Poultry .....Medium wine, "red or white"; Medium Champagne, Claret or Burgundies.

Game .....Medium wine; Claret or Burgundy.

Salads.....No wine.

Cheese .....Medium wine, generally "red"; Claret, Burgundy, Port.

Dessert .....Heavy sweet wine; Port, Heavy Sauterne, Maderia, Champagne.

Coffee.....Brandy or Liquers.

CALORIE COUNTER

MEAT

Ham Steak	Aver. Serving	400
Mutton Chop	1½ In. Thick	125
Bacon	3 Strips Crisp	100
Meat Balls	1 (2 ozs.)	200
Meat Balls (2), spaghetti	¼ lb.	370
Barbecued Beef	Aver. Serving	300
Barbecued Lamb	Aver. Serving	350
Barbecued Spareribs	6 Aver. Ribs	250
Beef Brains	6 Ozs.	200
Beef Brains (Fried)	6 Ozs.	250
Chipped Beef	3 Ozs.	175
Chipped Beef (Creamed)	3 Ozs.	225
Corned Beef	4 Ozs.	250
Filet Mignon	Aver. Serving	250
Beef Hamburger	2 Ozs.	200
Beef Liver	Aver. Serving	160
Porterhouse Steak	Aver. Serving	400
Beef Roast	Aver. Serving	200
Beef Steak	Aver. Serving	200
Beef Stew	1 Cup	250
Beef Sweetbreads	Sm. Serving	125
Tongue	2 Aver. Slices	100
Bologna	2 Ozs.	125
Broiled Lambchops	1 (1 In. Thick)	250
Broiled Porkchops	1 Med.	225
Veal Chops	1 Med.	150
Veal Chops (Fried)	1 Med.	250
Frankfurter	1 Aver.	125
Roast Lamb	Aver. Serving	200

POULTRY

Broiled Chicken	½ Small	100
Boiled Chicken	½ Small	100
Chicken Cacciatore	Aver. Portion	550
Chicken Fat	1 Tsp.	45
Chicken Pie	Aver. Serving	350
Chicken (Fried)	½ Med.	325
Barbecued Chicken	Aver. Serving	200
Baked Chicken	Aver. Serving	200
Turkey	Aver. Serving	175
Canned Turkey (Boned)	4 Ozs.	300
Broiled Squab	1 Aver.	150

Roast Duck	Aver. Serving	300
Roast Duck (Dressing)	Aver. Serving	375
Roast Goose	Aver. Serving	175
Baked Capon	1 Aver.	225

FISH & SEAFOOD

Blue Fish (Baked)	Aver. Serving	200
Blue Fish (Fried)	Aver. Serving	225
Cod Fish	Aver. Serving	100
Sword Fish	Aver. Serving	150
Gefuelte Fish	Aver. Serving	150
White Fish (Broiled)	Aver. Serving	125
White Fish (Fried)	Aver. Serving	225
Tuna Fish (Canned in Oil)	½ Cup	250
Tuna Fish (Cooked)	¾ Cup	100
Flounder	Aver. Serving	150
Finnan Haddie	Aver. Serving	125
Haddock (Broiled)	Aver. Serving	180
Haddock (Fried)	Aver. Serving	250
Halibut	Aver. Serving	200
Baked Hake	Aver. Serving	125
Filet of Sole	Aver. Serving	125
Shad	Aver. Serving	125
Shrimp	10 Aver.	100
Shrimp Cocktail	6 Med. Size	75
Steamed Clams	12 Med. Size	100
Fried Clams	6 Med. Size	200
Oyster Cocktail	6 Med. Size	75
Oyster Stew	1 Cup	200
Oysters (Blue Point)	12	100
Crab Meat	½ Cup	65
Soft-Shell Crab	Med. Size	100
Lobster	Aver.	100
Lobster Newberg	Aver. Serving	350

CEREALS

Wheaties	1 Oz.	100
All-Bran	1 Cup	100
Bran-Flakes	¾ Cup	100
Corn Flakes	1 Cup	100
Cream of Wheat	¾ Cup	100
Rice Flakes	1 Cup	120
Puffed Rice	1 Cup	55
Wheat Flakes	1 Cup	125

Oatmeal	½ Cup	75
Puffed Oats	½ Cup	50
Puffed Wheat	¾ Cup	50
Wheatena	½ Cup	75

FRUIT

Apple	1 Small	75
Apple Sauce (Canned)	½ Cup	50
Apricots	5 Med.	100
Banana	1 Med.	100
Blueberries (Fresh)	1 Cup	100
Blackberries (Fresh)	1 Cup	100
Orange	1 Med.	75
Grapefruit	½ Small	50
Tangerine	1 Large	35
Peach	1 Med.	50
Pear	1 Med.	75
Plum	1 Aver.	30
Avocado	1 Small	425
Cherries	25 Small	75
Pineapple (Canned)	1 Slice	75
Strawberries	1 Cup	50

VEGETABLES

Asparagus	12 Stalks	25
Bamboo Shoots	⅔ Cup	40
Soy Bean Sprouts	1 Cup	50
Baked Beans	1 Cup	200
Baked Beans (Canned)	½ Cup	150
Kidney Beans	1 Cup	225
Lima Beans (Canned)	½ Cup	75
Beets	½ Cup	35
Brussel Sprouts	1 Cup (Ckd.)	60
Cabbage (Boiled)	1 Cup	40
Red Cabbage (Raw)	¾ Cup	20
Canned Corn	1 Cup (Drained)	140
Canned Spinach	1 Cup	50
Cauliflower	1 Cup	30
Carrots (Raw)	1 Med.	25
Collards	½ Cup	40
Corn (Niblets)	½ Cup	70
Corn on Cob	1 Aver. Ear	100
Dandelion Greens	½ Cup	50
Excarole	½ Heart	10
Lettuce	¼ Head	10

Honeydew Melon	¼ Aver.	65
Mushrooms	½ Cup	15
Okra	1 Cup	50
Onion (Raw)	1 Large	50
Spinach	½ Cup	25
Squash	1 Cup	35
Succotash	½ Cup	150
Tomato	1 Med.	25
Watercress	1 Cup	10

CHEESE

American	1 Slice	100
Bleu	1½ Ozs.	150
Cheese Blintzes	1 Aver.	175
Camembert	1½ Ozs.	125
Cheddar	1½ Ozs.	150
Cottage	½ Cup	200
Cream	1 Tbsp.	50
Farmers	½ Cup	200
Liederkranz	1½ Ozs.	125
Limburger	1½ Ozs.	150
Muenster	1½ Ozs.	150
Roquefort	1½ Ozs.	150
Swiss	1½ Ozs.	150

POTATOES

Baked	1 Med.	125
Boiled	1 Med.	125
Browned	1 Med.	150
Hashed Brown	1 Med.	225
Julienne	1 Med.	225
Lyonnaise	1 Med.	225
Mashed (1 tsp. Butter)	1 Med.	180
French Fried	6 Aver.	100
Potato Salad	½ Cup	175
Sweet (Candied)	6 Ozs.	300
Sweet (Canned)	1 Cup	235

SOUP

Barley	1 Cup	125
Barley (Creamed)	1 Cup	200
Bean	1 Cup	225
Beef Broth	1 Cup	35
Cabbage	Aver. Serving	5

Chicken	1 Cup	100
Chicken (Creamed)	1 Cup	200
Chicken Gumbo	1 Cup	125
Chicken Noodle	1 Cup	125
Duck	1 Cup	125
Vegetable	1 Cup	100
Tomato	1 Cup	100
Egg Drop	1 Cup	60
Lentil	1 Cup	300
Onion	1 Cup	100
Split Pea	¾ Cup	175
Phila. Pepperpot	Portion	450
Potato	1 Cup	175
Potato (Creamed)	1 Cup	275

BREAD

Bran	1 Slice	75
Cracked Wheat	1 Slice	55
Corn	2 In. Square	200
Date & Nut	1 Slice	90
Ginger	2 In. Square	175
Graham	1 Slice	75
Italian	1 Slice	55
Rye	1 Slice	75
Protein	1 Slice	40
Raisin	1 Slice	75
White	1 Slice	65
French	1 Slice	50
Ry-Krisp	3	50
Blueberry Muffins	1	150
Bran Muffins	1	100
Cinnamon Muffins	1	110
Corn Muffins	1	100
English Muffins	1	150

CAKE & PIE

Almond Cake	Aver. Serving	250
Angel Food Cake	2 In. Sect.	100
Apple Sauce Cake	⅛ Cake	420
Cheese Cake	1 Aver. Slice	350
Chocolate Cake	Aver. Serving	250
Coffee Cake	1 Piece (2 x 4)	100
Devil's Food Cake	Aver. Slice	275
Fruit Cake	2½ Ozs.	250

Marble Cake	Aver. Slice	12
Pound Cake	Aver. Slice	125
Sponge Cake	Aver. Slice	125
Strawberry Short Cake	Aver. Serving	35
Pineapple Upside Down	Aver. Piece	27
Apple Pie	Aver. Piece	275
Apricot Pie	Aver. Piece	25
Blueberry Pie	Aver. Piece	37
Cherry Pie	Aver. Piece	350
Coconut Custard Pie	Aver. Piece	40
Lemon Meringue Pie	Aver. Piece	35
Nesselrode Pie	Aver. Piece	375
Peach Pie	Aver. Piece	375
Peach Cream Pie	Aver. Piece	40

EGGS

Boiled	1 Aver.	7
Fried	1 Aver.	100
Poached	1 Aver.	75
Scrambled	1 Aver.	12
Deviled	2 Aver.	225
Pork Egg Foo Young	Aver. Portion	475
Egg Nog	1 Cup	30

HOUSEHOLD AIDS

Red ants can be kept out of the pantry if a small quantity of green sage is placed on the shelves.

Household ammonia dabbed on insect bites will kill the sting or bite, almost immediately.

Always keep a bottle of vanilla extract handy in the kitchen, if put on a burn *immediately* it will not *blister.*

Strong tea put on sunburn will take the fire out instantly. Unbelievable, but true!

For nose bleed—Pack the nostrils with cotton dipped in lemon juice, leave for sometime for the blood to clot. A wonderful doctor's treatment.

For poison oak—Swab with cotton dipped in Hypo (same as used in developing pictures.) Sure cure. May have to put on several times, but a sure *cure.*

To stop hiccoughs. Eat damson preserves. First two teaspoonfuls—if not stopped repeat in a few minutes. Only in rare cases is the third dose needed. *Eat without bread.*

Chiggers—Kerosene oil and table salt usually kills the chiggers after the first application. Two tablespoons kerosene, 1 tablespoon salt. Also household ammonia applied will do the trick.

To brighten tarnished silverware, let soak for one hour in water left after boiling white potatoes. It will come out bright as new!

A piece of bread crust inserted between the teeth when peeling an onion will stop the tears.

To clean silks from corn, brush with a hand scrub brush. Quick and easy!

When putting a nail in a plastered wall, if it will not hold, fill the hole with fine steel wool. The nail will hold perfectly.

To remove discoloration from aluminum utensils, boil in a solution of water with a teaspoon of cream of tartar to 1 quart of water for twenty minutes.

When boiling eggs, add a pinch of salt to the water to prevent cracking.

To remove nut meats whole, pour boiling water over the nuts and let stand all night before cracking.

To prevent grease from popping from the frying pan, sift about ¼ teaspoon of flour in it.

Make a solution of 1 tablespoon of salt to ½ gallon of water and drop peaches or pears in it after they have been peeled to prevent them from turning dark until cooked.

Soak figs in a solution of 1 tablespoon of soda in 2 quarts of water for 30 minutes, remove stems, then make preserves or jam.

Add one 1 oz. package of cream cheese to your pastry mix when making apple pie. It makes it flaky and also gives it a delightful flavor.

Add 1 teaspoon of lemon juice to each quart of water when cooking rice, the grains will stay separate.

When making cherry pie from canned cherries, put half of the juice in a saucepan and cook with ¾ cup of sugar and 1 tablespoon of minute tapioca. Makes a wonderful thickening for the pie. Add a few drops of red coloring, drop in the cherries for a few minutes and bake in the pastry.

Save all juices from canned fruit when making salads. Delicious in making gelatin desserts or making sauces for puddings.

TABLE OF WEIGHTS AND MEASURES

A few grains	less than ⅛ teaspoon
1 tablespoon	3 teaspoons
4 tablespoons	¼ cup
¼ cup	1 gill
5⅓ tablespoons	⅓ cup
8 tablespoons	½ cup
16 tablespoons	1 cup
1 cup	½ pint
2 cups	1 pint or 1 pound
2 pints	1 quart or 2 pounds
4 quarts	1 gallon or 8 pounds
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
1 fluid ounce	2 tablespoons
16 fluid ounces	1 pint (2 cups)
½ cup butter	¼ pound
2⅔ tbsp. cocoa and ½ tbsp. butter	(equivalent to 1 ounce of chocolate)

VITAMINS—MENU PLANNING

If the homemaker is vitally interested in serving the proper meals to her family, she must fully realize that the bodies of her family are composed of many substances, combined in such a manner as to form blood, bones, skin, hair and parts of the human machine.

Her task as the menu planner of the home is to restore the substances which have been lost by exertion, growing, elimination, respiration and other ways. If she does her task well, she will be recompensed by strong bodies, rosy cheeks, strong teeth, vigor and vitality.

All foods taken into the body do either one of three things:

1. It goes into the building of new bone and tissue.
2. It supplies energy and the substances for gland secretions.
3. It merely passes through the digestive and elimination organs without effect or in a manner which assists or disturbs the proper functioning of those organs.

The foods which supply energy are fats and carbohydrates, the latter term including starch and sugar. The chief sources of fat are butter, cream, fat meat, bacon, lard, nuts, egg yolk, olive and other oils. The most common sources of carbohydrate foods aore the various sugars, candies, molasses, desserts, honey, fruits, potatoes, rice, wheat.

The foods which list the proper regulation of the digestive and elimination organs are roughage and mineral foods. Several sources of mineral foods are asparagus, string beans, cabbage, cauliflower, celery, onions, spinach, tomatoes, turnips, lettuce.

Proteins necessary for the maintenance of life, for growth, and for the replacement of worn-out tissues are obtained particularly from meats, eggs, milk, cheese, fish, poultry, nuts, cereals and vegetables such as peas and beans.

For the menu planner of the average home, where none of the members require any special dietary treatment prescribed by a good physician, the one important rule to remember is:

Serve one food from each of the three classifications at least once every day to every member of the family and, if possible, at every meal.

A WEEK'S MENU FOR A MODERATE COST

MONDAY

Breakfast

Sliced bananas
Ready-to-eat cereal
Muffins and jam
Milk
Coffee

Lunch or Supper

Split-pea soup
Buttered toast
Apple and pimiento salad on lettuce
Milk
Hot Tea

Dinner

Meat scallop
Baked sweet potatoes
Coleslaw
Bread and butter
Prune pie
Milk

TUESDAY

Breakfast

Cereal
Apples fried in bacon drippings
Whole-wheat toast
Milk
Coffee

Lunch or Supper

Bacon
Poached eggs
Fried sweet potatoes
Bread and butter
Sliced oranges
Milk

Dinner

Braised beef liver
Creamed potatoes or hominy
Buttered spiced carrots
Hard rolls
Butter
Creamy tapioca pudding
Milk
Coffee

WEDNESDAY

Breakfast

Hot cereal with raisins
Soft-cooked eggs
Toast
Milk
Coffee

Lunch or Supper

Potato salad
Whole-wheat bread and butter
Left-over creamy tapioca pudding with canned or stewed fruit
Milk

Dinner

Roast stuffed spareribs
Scrambled eggs
Baked yellow squash
Whole-wheat muffins
Butter and marmalade
Milk

THURSDAY

Breakfast

Oranges
Hot cereal
Buckwheat cakes—maple syrup
Milk
Coffee

Lunch or Supper

Corned-beef hash or kidney stew
Relish
Rye bread and butter
Cocoa

Dinner

Macaroni and cheese
Baked onions in tomato sauce
Bread and butter
Spiced apples
Milk
Coffee or tea

FRIDAY

Breakfast

Tomato juice
Scrambled eggs
Raisin toast
Milk
Coffee

Lunch or Supper

Corn chowder
Toasted rolls
Oatmeal cookies
Milk
Coffee

Dinner

Baked creamed oysters or broiled fish
Broccoli
Potatoes, any style
Cheese biscuits
Lemon-gelatin pudding
Milk
Coffee or tea

SATURDAY

Breakfast

Stewed prunes
Browned mush and jelly
Toast, if desired
Milk
Coffee

Lunch or Supper

Stewed tomatoes
Fried potatoes
Toast
Jam or jelly
Cocoa

Dinner

Boston baked beans and brown bread
Vegetable slaw
Citrus-fruit cup
Milk
Coffee

SUNDAY

Breakfast

Berries, melon, or other fruit in season
Cereal—Crisp bacon
Cinnamon rolls
Milk
Coffee

Lunch

Stewed chicken with rice
Green beans
Hot biscuits
Ice cream with fruit sauce
Milk
Coffee

Dinner

Tomato and cottage cheese salad
Currant jelly
Whole-wheat toast
Cocoa

GUEST DINNER I

Mock Lobster bisque
Crackers
Baked ham
Spinach timbales
Boiled potatoes
Sauteed mushrooms
Hard rolls
Jelly—Pickles
Mixed green salad
Cherry tarts
Coffee

GUEST DINNER II

Fruit cup with crushed candy mints
Stuffed pork chops
Baked corn
Roast sweet potatoes
Endive salad
Fresh dressing
Gingerbread with whipped cream
Coffee

GUEST LUNCHEON I

Cream of mushroom soup
Sweetbreads bechamel
Stuffed mashed potatoes
Asparagus with hollandaise sauce
Lettuce and cucumber salad
French dressing or mayonnaise
Parker House rolls
Mock nesselrode pudding with whipped cream and maraschino cherries
Salted almonds
Coffee

GUEST LUNCHEON II

Fruit cocktail
Chicken pie
Julienne potatoes
Scotch scones
Currant jelly
Romaine salad
Meringue cake
Coffee
Salted nuts
Mints
Cookies

BRIDGE LUNCHEON I

Tomato juice cocktail
Chicken a la King in patty shells
New potatoes in parsley
Cheese sauce
Tomato aspic salad
Ritz crackers
Lemon tarts
Coffee

BRIDGE LUNCHEON (Summer)

Melon ball cocktails
Ham biscuit
Deviled eggs
Watermelon rind pickle
Orange blossom salad
Chesee straws
Raspberry Parfait or
Peach Ice Cream pie

BUFFET LUNCHEON I

Chilled pineapple juice
Shrimp and eggs
Toast
Black currant jam
Devil's food layer cake
Coffee

BUFFET LUNCHEON II

Tomato cups
Relishes—Cottage Cheese
Baked ham with horseradish sauce
Stuffed mashed potatoes
Corn pudding
Lima bean salad
Assorted breads and crackers
Assorted cookies
Coffee or tea

SUPPER PARTIES I

Chicken a la king
Jellied tomato salad
Assorted sandwiches
Fruit cake
Coffee

SUPPER PARTIES II

Salmon salad
Watercress sandwiches
Cranberry ice
Cookies
Coffee

SUPPER PARTIES III

Chow mein
Fried noodles
Banana omelet
Rice croquettes
Kumquat or apricot preserves
Tea

EASTER DINNER

Grape and orange sections in Rum sauce
Celery—Carrots
Roast Leg of Lamb—Mint eJlly
Asparagus
New potatoes in parsley sauce
Lettuce and tomato salad
Parker House rolls or French bread
Strawberry shortcake—whipped cream
Coffee or tea

MOTHER'S DAY DINNER

Fruit Cocktail
Barbecued chicken
Potato boats with cheese
Cauliflower with parsley sauce
Asparagus-tomato salad—French dressing
Parker House rolls
Caramel Ice Cream—Brownies
Coffee

FATHER'S DAY DINNER

Oyster cocktail
Celery—Olives
Broiled steak
Shoestring potatoes
Fried onions
Tossed salad
Hot Biscuits
Apple pie with vanilla ice cream
Coffee

THANKSGIVING DINNER I

Fruit cocktail
Celery—Olives
Cream of corn soup with crisp crackers
Roast turkey with chestnut dressing
Mashed potatoes—Baked stuffed onions
Cranberry sauce
Bread and butter
Pumpkin pie—Cheese
Coffee
Nuts—Mints

THANKSGIVING DINNER II

Fruit cup
Celery—Cheese straws
Roast Goose or Duck
Apple stuffing—Orange stuffing
Brussel Sprouts
Potatoes Au Gratin
Sweet Pickled Peaches
Orange Blossom Salad
French Bread
Mincemeat Pie or Pumpkin Pie
Nuts—Mints
Coffee

CHRISTMAS DINNER I

Oysters o nthe half-shell
Stuffed celery—Ripe olives
Cream of mushroom soup
Bread sticks
Roast goose or duck with fried apples
Candied sweet potatoes
Creamed cauliflower
Dinner rolls—Currant jelly
Hearts of lettuce salad
French dressing or mayonnaise
Mince pie—French ice cream
Nuts—Mints—Coffee
Assorted candies

CHRISTMAS DINNER II

Shrimp cocktail
Cheese crackers
Sherried Grapefruit or
Grapefruit sections with honey & sherry
Roast turkey—Bread dressing
Whole cranberry sauce
Broccoli with Hollandaise sauce
Sweet potatoes in Orange cups
Scalloped oysters
Celery and carrot strips
Hot rolls
Mince pie—Fruit Cake—Syllabub
Coffee

NEW YEAR'S DINNER I

Pineapple juice
Roast fresh ham
Tart applesauce
Mashed sweet potatoes
Baked onions
Endive Salad with Roquefort French dressing
Assorted bread
Mince pie
Coffee

NEW YEAR'S DINNER II

Cranberry punch
Cheese wafers
Baked ham
Sweet pickle peaches
Turnip greens
Black eyed peas and hog jowl
Baked sweet potatoes
Corn bread—Hot biscuits
Fried apple jacks or Peach Puffs
Coffee

CANNING TIME TABLE

		HOT WATER BATH-TIME IN MINUTES
VEGETABLES		
Artichokes	Wash, trim. Precook 5 min. in water with vinegar. Pack	180
Asparagus	Wash, precook 3 min. Pack	180
Beans (String or Wax)	Wash, string, cut or leave whole, precook 3 min. Pack	180
Beans (Lima)	Shell, grade, precook 3 min. Pack	180
Beets	Wash, leave roots & stems long, precook 15 min., slip skins, pack	120
Brussels Sprouts or Cabbage	Remove outer leaves, wash, precook 5 min. Pack	120
Carrots, Kohlrabi	Wash, peel, precook 5 min. Pack	120
Cauliflower or Broccoli	Remove outside leaves, wash, precook 4 min. Pack	150
Corn on Cob	Remove husks, precook 3 to 5 min. Pack	210
Corn	Remove husks. Cut from cob. Precook 5 min. Pack loosely	210
Eggplant	Peel, cut in slices or strips, precook 5 min. Pack	120
Greens (all kinds)	Wash thoroughly. Steam or precook to wilt. Pack loosely.	180
Hominy	Precook 3 min. Pack loosely.	120
Mushrooms	Clean, wash, cut large ones, precook 3 min. Pack loosely.	180
Okra	Wash, precook 3 min. Pack	180
Onions	Peel, wash, precook 5 min. Pack	180
Parsnips, Turnips or Rutabagas	Wash, pare, precook 5 min. Pack	90
Peas	Shell, grade, precook 3 to 7 min. Pack loosely	180
Peppers, (Green, Sweet)	Wash, remove seed pod, precook 3 min. Pack	120
Peppers (Pimiento)	Precook 15 min. Peel, stem, cut out seeds, flatten. Pack	40

Pumpkin	Cut in pieces, steam tender. Remove pulp. Pack...180
Sauerkraut	Pack, add kraut juice or weak brine..... 15
Spinach	Wash thoroughly. Steam or precook to wilt. Pack loosely. 180
Squash (Summer, Chayoke or Zucchini)	Precook 3 to 5 min. Pack. 180
Squash (Crookneck Hubbard or Banana)	Cut in pieces, steam tender. Remove pulp. Pack. 180
Sweet Potatoes	Wash, boil or steam 20 min., remove skins. Pack...180
Tomatoes	(See under Fruits.)
Tomato Juice	Wash, peel, cut in sections. Simmer until soft, press thru sieve. Bring to boiling. Pour in jars..... 5
Vegetable Mixtures	Prepare vegetables, precook separately, combine, process length of time necessary for vegetable requiring longest processing. .....

SOUPS

Asparagus	Use tough part, boil. Press through sieve. Season, pack. 180
Clam Chowder	Precook 10 min. Pack in jars. 240
Fish Chowder	Use fish scraps. Cover with water, cook thoroughly. Add other ingredients. Pack in jars.....240
Pea Soup	Precook peas until soft, press thru sieve. Season. Pack. 180
Soupstock	Use scraps of meat, cover with water. Season. Simmer until cooked. Pour in jars.....180
Vegetable Soup Mixtures	Use any vegetable combination, blanch or precook. Pack. Season, process time necessary for vegetable requiring longest processing. .....

FRUITS

Apples	Wash, pare, core, cut in pieces. Drop in slightly salted water. Pack. Add syrup. Pack. 25
Apricots	Wash, halve and pit. Pack. Add syrup..... 20

Berries (except Strawberries and Cranberries	Wash, stem, pack. Add syrup or water	20
Cherries	Wash, stem, pit. Pack. Add syrup	20
Cranberries	Wash, remove stems. Boil 3 min. in No. 3 syrup. Pack	10
Currants	Wash, stem, pack. Add syrup or water.	20
Figs	Put in soda bath 5 min., rinse. Precook 5 min. in syrup. Pack, add syrup.	30
Fruit Juices	Crush fruit, heat slowly, strain. Pour in jars. Process in water bath. (180° simmering.)	20
Grapes	Wash, stem, pack. Add syrup or water.	20
Peaches	Peel, pack, add syrup. Pack.	20
Pears	Select not overripe pears, pare, halve, precook 3 to 5 min. in syrup, Pack. Add syrup.	25
Pineapple	Peel, remove eyes, cut or slice. Precook in No. 2 syrup 5 to 10 min. Pack with syrup.	30
Plums	Wash, prick skins. Pack. Add syrup.	20
Preserves	Prepare as per recipe. Cook until thick. Pack.	20
Quinces	Wash, pare, cut in pieces. Precook 3 min. in syrup. Pack. Add syrup.	35
Rhubarb	Wash, cut into pieces without removing the skin. Pack. Add syrup.	10
Strawberries	Wash, stem, precook gently for 3 min. in syrup. Remove from syrup and cool. Boil syrup 3 min. Add berries and let stand for several hours. Reheat. Pack.	20
Tomatoes	Scald 1 min., cold dip 1 min., peel, core, quarter. Pack.	35
Tomatoes for Salad	Scald 1 min., cold dip 1 min., peel, core. Pack. Cover with tomato juice.	35
Tomato Puree	Cook all ingredients until soft. Press thru sieve. Pack.	35
Walnuts	Pack into jars. Process in oven at 225° for 45 min.	

MEATS

Lamb, Veal, Beef, Steak	Bleed well and cool thoroughly. Precook, pack, add salt 1 tsp. to qt., add 3 or 4 tbsp. liquid. Process. 180
Pork	Bleed well and cool thoroughly. Precook, pack, add salt 1 tsp. to qt., add 3 or 4 tbsp. liquid. Then process. 180
Tenderloin, Ham, Pork Chops	Fry until brown. Pack. Add salt 1 tsp. to qt. Add 3 or 4 tbsp. water or broth. Then process. 180
Sausage	Shape into cakes. Fry until brown. Pack. Add 3 or 4 tbsp. liquid, then process. 180
Chicken, Rabbit, Duck, Turkey	Bleed well, and cool thoroughly. Precook, pack, add salt 1 tsp. to qt., add 3 or 4 tbsp. liquid. Process. 180
Deer, Wild Birds, Geese	Bleed well, cool thoroughly, soak in brine 30 min. or parboil. Precook, pack, add salt 1 tsp. to qt., add 3 or 4 tbsp. liquid. Process. 180
Fish, all kinds	Use only firm, fresh fish. Bleed well. Wash, precook. Pack, add salt 1 tsp. to qt. Process. 240

NOTE:—All vegetables (except tomatoes) and meats canned at home should be boiled in an open vessel 10 to 15 minutes before tasting or using.

METHODS OF CANNING

Steps for Hot and Cold Pack Method.

1. Examine top of jars to see that there are no nicks, cracks, sharp edges, etc.
2. Wash jars well in hot soapy water. Scald thoroughly.
3. Select fresh, firm (not overripe) products. Grade according to size and ripeness.
4. Prepare according to recipe.
5. Pack product into clean jars to not more than ½ inch of top. (Except corn, peas, lima beans and meats. For these products, fill jars to within 1 inch of top.)
6. Add liquid:
   (a) Fruits: Syrup to within 1½ inches of top of jar when fruit is packed cold, or ½ inch of top when fruit is packet hot, or fruit juice or hot water to within ½ inch of top of jar.
   (b) Vegetables: Liquids to within ½ inch of top of jar (salt or other seasoning may be added).
   (c) Meats: For precooked meats, add 3 or 4 tbsp. of liquid. Meats packed raw do not require the addition of liquid.
7. Wipe top of jar free of all seeds, pulp, grease, etc.
8. Place scalded lid on jar with sealing composition next to glass, and screw band firmly tight. When using the Economy jar, place scalded Economy Cap on jar and put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.
9. Process required length of time according to time table.
10. Remove jars from cooker. Do not tighten screw bands. Set on surface on which several thicknesses of cloth have been laid. Do not turn jars upside down while cooling and sealing and do not screw band down after jars are cold and sealed. Do not set hot jars in a draft.
11. Test for seal. (When jars are cold, take a spoon and gently tap the lids. If properly sealed, they will give a clear, ringing note, and be slightly curved inwardly caused by the vacuum inside. If not properly sealed,

the sound will be dull and low in key, in which case you have an opportunity to re-can contents and thus save your food.

Hot Water Bath

A wash boiler or large deep vessel that has a close-fitting cover, may be used as a canner. A "Canner" must be fitted with a rack made of laths, galvanized wire or other perforated material. The rack must hold the jars at least ½ inch above the bottom of the canner. Have the water in the canner near the boiling point.

Prepare the product and proceed according to directions for Hot and Cold Pack canning as given.

Place the filled jars on the rack in the canner far enough apart to allow the free circulation of water around them. The water should cover the jars at least one inch over the top. Start counting processing time as soon as water surrounding the jars begins to boil. Keep the water boiling for entire processing period. If water boils down add sufficient boiling water to keep it at the required height.

Process the required length of time.

As soon as the processing period is up remove jars from the canner. Do not tighten screw bands. Set on surface on which several thicknesses of cloth have been laid. Do not turn jars upside down while cooling and sealing and do not screw bands down after jars are cold and sealed. Do not set hot jars in a draft.

Test for seal.

TABLE OF HERBS AND SPICES

Allspice *Pimento Officinalis*	Pea-sized fruit of a West Indian tree. Flavor resembles a blend of cinnamon, nutmeg and cloves —hence its name.	**Whole**—pickling, preparation of meats, gravies, boiling fish. **Ground**—baked goods, puddings, relishes, some fruit preserves. Used in West Indian cordial, Pimento Dram. Used powdered as moth preventive and scent for stored clothing.
Anise *Pimpinella Anisum*	Fruit of a small plant grown in southern Europe, also Tunis, India and Chile. Is much used in flavoring licorice.	Sprinkled on coffee-cakes, sweet rolls, etc. Good for cookies and candies. Added to sweet pickles. Widely used to make the cordial Anisette. Use one teaspoon powdered, to pint of warm milk for sleep-producing nightcap. Uhed to flavor some cough medicines. Almost **all** licorice prdoucts are flavored with anise.
Bay Leaves *Folia Lauris Nobilis*	Aromatic leaves of species of laurel tree. Comes from eastern Mediterranean countries.	Used in pickling, stews, spiced vinegars, soups. Combines well with fish, boiled or in chowder. One bay leaf whole or broken flavors a whole tomato casserole or a can of tomato soup. A decoction of the leaves is a healing wash for some skin troubles. The famous "laurel leaves" which crowned Greek heroes were bay leaves.
Cake Spice	A blend of spices.	Useful in mincemeat and dark spice cakes. Added to household incense, greatly intensifies its fragrance.
Caraway Seed *Carum Carui*	Dried fruits of biennial plant. Is grown in northern Europe, notably Holland.	Use in rye break, sauerkraut, new cabbage, sprinkle on French fried potatoes; on pork, liver, kidneys before cooking. Mix with cream or other soft cheeses for canape spread and celery stuffing. Pearl with sugar for confection. Add to popcorn balls. Caraway Seed is THE important ingredient in the cordial Kummel.
Cardamom Seed *Elettaria Cardamomum*	Small brown seeds which grown enclosed in a pod varying from ¼ to 1 inch in length. Grown in Malay Archipelago, India, Ceylon, etc.	**Whole** (in pod) used in Mixed Pickling Spices. Decorticated (pod removed)—a seed to each demi-tasse or in Turkish coffee. **Ground** flavors Danish pastry, bun breads, coffee cakes, sliced oranges. Improves the flavor of Grape Jelly. Spicing wine; disguising the taste of medicines. Among Oriental people chewed to sweeten the breath. New York bars furnish Cardamom to kill liquor breath. Grandmother used to chew them in church, like peppermints.
Cassia *Cinnamomum Cassia*	Commonly called "cinna'-mon' because the flavors resemble each other, but from a botanically different plant. The part used as spice is the bark which is peeled off and cleaned.	**Whole**—pickling, preserving, flavoring puddings, stewed fruits. Serve with clove-stuck lemon slices in hot tea. Used in hot drinks. **Ground**—baked goods often in combination with allspice, nutmeg and clove. The principal mincemeat spice. Combine with mashed sweet potatoes; and with sugar for cinnamon toast. Dust on fried bananas. Used to flavor tobacco products, including snuff.

Cassia Buds	From Cassia tree of Malay Archipelago, China.	Used in pickling. Chewed to sweeten the breath.
Cayenne *Capsicum Minimum*	Small red peppers ground fine. Grown mainly in Africa.	Good with meats, fish, sauces, used in moderation. A pinch helps **all,** even sweet souffles. Use with care in egg dishes. The real antidote for flatness. The ground product is poured into ant nests to drive ants away. Some dog-trainers shake it on rugs and other spots to discourage animals. A stimulant for the stomach.
Celery Salt	Made by combining ground Celery Seed with salt.	Good with fish, boiled or fried eggs, potato salad, etc. Valuable in salad dressings. Particularly fine in tomato and kraut juices, in bouillon.
Celery Seed *Apium Graveolens*	A minute seed-like fruit. Grown in many countries, including France, India, Holland, and the United States.	Good with fish, potato salad, tomato dishes, tomato soup. Mix with cream cheese colored with paprika for canapes and spreads. Used in pickling and salad dressings. Superb in Irish stews. Making a HIT in hamburgers.
Chili Peppers *Capsicum Frutescens*	Small, elongated pods are grown in Japan, Mexico, California, the Carolinas and Louisiana produce other kinds.	Mexican varieties are basic for chili powder; used whole in pickling. Always present in pickling spices. One or two chilis (broken) cooked with soup, stews or fish chowder much improves the quality. Seeds produce ornamental bushes of convenient size for growth indoors.
Chili Powder	Made from Mexican Chili Peppers and blended spices. Can be secured either mild or "hot."	For such Mexican dishes as chili con carne. Good in shell fish and oyster cocktail sauces; for boiled and scrambled eggs, gravy and stew seasoning, canned corn. Chili flavored hot dogs and bologna are tops.
Cinnamon *Cinnamomum zeylanicum*	Aromatic bark of cinnamon tree. Mostly from Ceylon.	See Cassia. Try sticks in Ski Balls; hot, sweet, strong tea with clove-stuck lemon slices plain or spiked. Use **long** sticks for tall drinks. Flavors medicines, chocolate. Makes "tea."
Cloves *Eugenia Caryophyllata*	Nail-shaped flower bud of the stately clove tree. Originally found only in Netherlands East Indies. Now also grown in Madagascar and Zanzibar.	**Whole**—for pork (ham) roasts; pickling of fruits, spiced sweet sirups. **Ground**—baked goods, chocolate puddings; potato soup, bortsch, stews. Stud lemon slices with cloves for tea. Pomanders: Stud oranges with cloves. Roll in mixture of equal parts powdered orris root and cinnamon. Wrap in tissue for a few weeks; shake off powder. For fragrance and moth repellant.

Coriander *Coriandrum Sativum*	Dried fruit of a small plant. Resembles a white peppercorn. Grown in Southern Europe and India, but mainly in Morocco.	**Whole**—in mixed pickles. Use 1 teaspoon to apple pie with nutmeg and cinnamon; a few seeds with a bit of ginger root, a whole clove, a few mustard and allspice seeds, a bay leaf in pea soup. Add to gingerbread batter, to cookies, cakes, biscuits, poultry stuffings, mixed green salads, frankfurther rolls. **Ground**—in sausage making; to flavor buns; to rub on fresh pork; to flavor gin. Crush one seed in each demi-tasse. Favors hot dogs.
Cumin (also spelled **Cummin**) *Cuminum Cyminum*	Small dried fruit resembling caraway seed in shape. Comes from Mediterranean islands, Morocco, and India.	An ingredient in curry and chili powders. Boil seeds briefly and pound for cooking use. Rice and saffron dishes need generous cumin flavor. Good in soups, cheese, pies, stuffed eggs. For canapes, mix chutney with snappy cheese and garnish with cumin seed. One of the oldest known spices. Used in Cornwall for ritualistic tithe-paying.
Curry Powder	A blend of several spices. Native to India, but increasingly popular in the United States.	Used for curry sauce, in currying meat, fish, eggs. Makes a good cream soup with chicken-stock base. (One teaspoonful to one can of tomato soup.) Try a dash in French dressing; fine in scalloped tomatoes, clam and fish chowders.
Dill Seed	Small dark seed of dill plant. Imported from its native India.	Used for pickling. Use a pinch in sauerkraut, salads, in soups, especially bortsch and bean; in fish and meat sauces, in gravies, in spiced vinegars, green apple pie. As "tea" relieves stomach discomfort. Such "dill water" was official in the British Pharmacopaeia.
Fennel *Foeniculum Vulgare*	Small seed-like fruit with flavor somewhat like Anise.	Used with boiled fish; also in pastries. Popular in Scandinavian cooking. Its anise-like flavor enlivens apple pie. Popular in sweet pickles. Used to flavor many candies and liquers, and in soap manufacturing.
Fines Herbes	Chop separately ½ onion, 2 scallions, 2 sprigs parsley, ½ small leek, 1 tablespoonful leaf marjoram.	Stews, soups, meat and fish stuffings. Garnishing. Excellent in omelets, buter sauce for fish, especially mackerel. Grilled meats. Mix with prepared mustard for cold cuts. Seasoning for invalid's broth.
Garlic Salt	Fresh garlic with salt. A powerful vegetable harnessed to do no more than desired.	A vitalizing food. Tops with tomato juice and any meat or vegetable dish. Puts zest into French dressing or salads.

Ginger	Root of a tuberous plant grown mainly in Jamaica, B.W.I., West Africa, India, and the Orient.	**Cracked**—chutneys, conserves, pickling. Stew with dried fruits, applesauce, etc. **Ground**—cakes, especially gingerbread, Indian pudding, pumpkin pie, cookies. Many canned fruits benefit by a dash of ginger, especially canned pears. Powdered Jamaica Ginger is a remedy for stomach ills. Flavors ginger ale, ginger beer. Tonic—Ginger Tea.
Mace *Myristica*	Arillus or fleshy growth between the nutmeg shell and outer husk; orange-red in color. Flavor resembles nutmeg. From Netherlands East Indies and Grenada, B.W.I.	**Blades**—especially good with fish sauces; pickling, preserving. Excellent in stewed cherries. Add a blade to Welsh rarebit. One blade, chopped, flavors fruit jellies, gingerbread batter. Chop fine and add to biscuit dough for service with fruit salad. **Ground**—essential in fine pound cakes, contributes a golden tone and exotic flavor to all yellow cakes. One teaspoon to 1 pint whipped cream cuts oiliness, increases delicacy. Valuable in all chocolate dishes. A dash in oyster stew is good. Perfume and incense ingredient. Used to flavor medicine. Sachet bags of ground mace with linen impart fresh fragrance.
Marjoram *Origanum Marjorana*	Herb of mint family. Imported mostly from France and Germany and Hungary.	**Leaf**—delicious with lamb, sprinkled over while cooking. In combination with other herbs makes stews, soups, sausage products, etc., unexpectedly appetizing. Also in poultry seasonings. There is a stimulating freshness to the aroma of marjoram which may explain the preference of Queen Bess to perfumes containing it.
Mixed Whole Spice	An assortment of a dozen or more whole spices, used chiefly in pickling.	Used in the pickling and preserving of meats, vegetables, relishes, etc. Also, to savor stews and gravies. A tablespoonful with boiling beets and cabbage imparts the gourmet touch.
White *Brassica Alba* Black *Brassica Nigra*	Small seed, widely cultivated but imported mainly from England, Europe, and the Orient. Some good varieties are now grown in the U. S. A.	Most popular U. S. Condiment. **Whole**—used to garnish salads, pickled meats, fish and hamburgers. **Dry**—(also known as Mustard Flour)—flavors meats, sauces and gravies. Used in white sauce for fish. **Prepared**—(blended with other spices and vinegar)—sandwiches and hot dogs are incomplete without it. Ham and no mustard—unthinkable. Mustard flour, mixed with water to a paste makes curative plasters. A tub of warm water + mustard = the "Mustard bath" so helpful in treating colds and fatigue. There are other medicinal uses for Mustard.

Nutmeg *Myristica Fragrans*	The kernel of a fruit also known by that name. Grown in Netherlands East Indies and British West Indies.	**Whole**—to be grated as needed. **Ground**—used in baked goods, sauces, puddings. Good sprinkled over certain vegetables such as cauliflower. Merges well with spinach. Topping for eggnog and custards. Sprinkle on fried bananas, on bananas and berries with cream. Use in sweet potato souffle. The best spice flavoring for doughnuts and many alcoholic and non-alcoholic beverages. Nutmegs are sometimes carved into charms and pins.
Onion Salt	Fresh onion combined with salt and dried.	Used wherever a mild onion flavor is wanted, such as sauce, meats, gravies, chicken sandwiches. Ideal for that touch of perfection to a cup of consomme. Reaches the peak of satisfying usefulness in hamburgers. Particularly good in ground-meat dishes.
Oregano	Known also as Mexican Sage. Grown in Mexico.	Used principally in making chili powder, for chili con carne. A good seasoning for varying the flavor of pork dishes. See marjoram. Rub a little between the hands, letting it fall on an omelet or boiled eggs. Note the resulting distinctive flavor harmony.
Paprika or Sweet Pepper, usually made from *Capsicum Annum*	A sweet red pepper, ground after seeds and stems have been removed. Spain and Hungary are the chief producers.	Mild flavor good with shellfish, fish, salad dressings. Used lavishly as a garnish, also with sweet corn on the cob. Mix with butter to make paprika butter. For canapes mix with cream cheese and celery seed. Enriches the flavor and color of catchup and other tomato condiments; also tomato juice. An excellent source of the "resistance" Vitamin C, a necessity for good tooth health.
Pepper *Piper Nigrum*	Most generally used of all spices. A small round berry picked before ripe which grows on a climbing vine. The Netherlands East Indies and India are the chief sources of supply. **White pepper** is the mature berry with the outer hull removed. Less pungent than the black.	**Whole**—(Black and White)—Used in pickling, soups, and meats. **Ground**—(Black and White)—Used in meats, sauces, gravies, many vegetables are improved by a sprinkling of pepper. Important in curing "Virginia" style hams. The assertive ingredient in preparing pastrami. **Ground**—Sprinkled in floor cracks and around any area to be protected from insects, black pepper is an effective repellent. Used in soap making and carnation perfumes. Spread lavishly on rugs to be stored or in woolens, is a moth-repellent used throughout the world.

Poppy Seed *Papaver Rhoeas*	Seed of the poppy plant. Imported from Holland. About 900,000 seeds to the pound.	Topping for breads, rolls and cookies. Mix 1 pound ground seed with ½ pound sugar and 1 cup milk. Boil 10 minutes, stirring constantly. When cool spread on pastry dough, dot with butter. A valuable edible oil pressed from Poppy Seed is used for margarine, salads, etc.
Poultry Seasoning	A mixture of herbs and spice.	For poultry, veal and pork stuffings. Fine also for fish stuffings. Much liked with paprika also in meat loaf. Mixed with fritter batter yields a neat biscuit for service with poultry.
Pumpkin Pie Spice	A blend of spices.	For pumpkin cookery and in spiced cookies. Varies gingerbread, cookies and breakfast buns. for that "something new" French fry slices of raw pumpkin. Dust lightly with the spice.
Rosemary *Rosmarinus Officinalis*	A spiky herb, rather sweetish. Grows in southern Europe.	Sprinkle on beef before roasting. Combine with basil and marjoram for **herb garni** especially in turtle soup. Use in lamb dishes, in soups and stews. Flavors fish and meat stocks. Combines well with gin drinks. Europeans stuff pillows with rosemary often mixed with pine needles "for remembrance." Said to insure faithfulness. A pint of boiling water poured on 1 ounce of rosemary makes a fine hair wash.
Sage *Salvia Officinalis*	Leaf of a low-growing herb. Choicest comes from Yugoslavia. Also Greece.	Used in meat stuffings, head cheese, various pork products, particularly sausage. Steeped in hot water makes a medicinal tea to abate colds. Sage + American Cheese = Sage Cheese.
Saffron *Crocus Sativus*	Tiny stigma of a crocus-like flower. Takes 225,000 to make a pound. Grown in Mediterranean areas. Three stigmata to each flower. Over 70,000 blossoms needed per pound.	Used principally for the pleasant yellow color it imparts. Saffron rolls and buns are a delight to Latin palates. Most highly esteemed in "Arroz Con Pollo" the famous Chicken-Rice dish of Spain. Was strewn for its perfume in the Roman baths and before Nero on his entrances to the city.
Sausage Seasoning	A blend of herbs and spices.	Used in sausage making and is good in meat loaf, veal, birds, and similar dishes. Mixed with fritter batter to make an herb bun to serve with fresh ham and other roasted pork.
Savory *Satureia Hortensis*	Herb of the mint family. Grown in many climates. Imported from Germany.	Often combined with other herbs to flavor meats. Used in scrambled eggs, in salads, in soups. Used like rosemary to stuff pillows.

Sesame Seed *Sesamum Indicum*	Small honey-colored seed, grown in Turkey, India, and the Orient. Not much left for import after native consumption is taken care of.	Baked on rolls, breads and buns a rich tosted nut flavor is developed. The source of sesame oil. Principal ingredient in Oriental candy known as halvah.
Sweet Basil *Ocymum Basilicum*	Annual plant cultivated in Western Europe. Grows elsewhere. Leaves and tender stems, cleaned and dried.	Famed as seasoning for tomato paste and turtle soups. Also use in tomato dishes, cooked peas, squash, and string beans. Venerated by the Hindus; planted outside their temples and homes to insure happiness.
Thyme *Thymus Vulgaris*	Garden herb, grown in temperate climates. Much imported from France. Leaves and tender stems, cleaned and dried.	Used in stews, soups, and stuffings for poultry. Often used with other herbs. Outstandingly good in clam and fish chowders. Yields an element called thymol, important in the compounding of cough remedies.
Turmeric *Curcuma Longa*	A root of the ginger family. Has a rich appetizing odor, and is bright yellow in color. Grown in India.	Blending to a most appetizing flavor turmeric and mustard have long travelled together. These two spices in varying proportions are ideal for pickles and almost every meat and egg dish. Turmeric paper made by dipping paper into a turmeric solution for alkalinity tests. Used dissolved in water for tinting unvarnished floors in the tropics.

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